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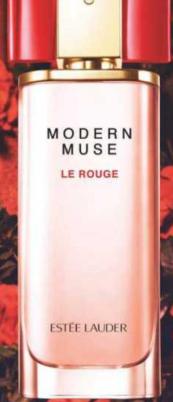


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ESTĒE LAUDER



EMPORIO ARMANI





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## WIN the cover look

#### ON THE COVER

Photograph by Jem Mitchell Fashion Director Natalie Hartley Hair Adir Abergel at Starworks Artists Make-up Kate Lee at Starwork Artists Manicure Jin Soon Choi at Jed Root

Jacket Ralph Lauren; dress Chloé; earring Noor Fares





Make-up Get Anne's gorgeous look, courtesy of Maybelline.
One reader will win: Matte Maker Mattifying Powder; The Colossal
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GLAMOUR followed by your answer, name and email address to 83149<sup>†</sup>. Winner(s) will be selected at random after the closing date of **September 9**, 2015 and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

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### The dream job? It's a journey...

love the message in our feature *The Moment My Career Clicked*, on page 121 – that you don't have to have your career plan figured out in one go, or early in life. If there's one thing I've learned over the years, it's that pretty much all employment has value. Even the worst jobs can give you great takeaway lessons. GLAMOUR has been for some time now the dream job that keeps on giving, but I'd like to thank some of the other jobs that contributed to the journey, for the little gifts they've given me along the way.

#### Thank you to Australia's Wonderland (a theme park)...

...for teaching me to assemble a soft-serve ice-cream machine. I don't know if that will ever be useful again, but just FYI, if you need it, I can help with that.

#### Thank you to Pizza Hut...

...for teaching me how to answer three phones, while making a prawn cocktail and a round of Coca Colas, and emptying the dishwasher. Now, being spoken to down an earpiece while trying to chat live on *This Morning* feels really quite uncomplicated.

#### Thank you to Dolly magazine...

...for teaching me the basics of what I do, and showing me that every single job on a magazine is part of getting that magazine out. Thanks for making me do vox pops – we have a lot of interns here who do them under duress. As a single girl back in the day, I liked having a legit reason to approach good-looking guys for a chat. *Dolly* also taught me how to surf, and how to crawl through smoky tunnels weighed down by full fire-fighting gear. What. A. Job.

#### Thank you to the TV show Neighbours...

...for opening my eyes and showing me that being a publicist wasn't just having lunch with celebs and journalists all day (a shock revelation at my tender 21 years). Thank you for helping me to realise how much I adored working in magazines. And for teaching me how to a) shove a massive surfboard into the back of a taxi (long story) and b) ignore all regard for personal safety to save a really expensive cake for a shoot, in the event of a car accident (longer story).



#### Thank you to a magazine I won't name...

....for teaching me how to survive living, renting and travelling in London on £800 a month. Clue: a lot of sandwich dinners at film screenings for the press! That and basically never, ever leaving the office.

#### Thank you to the boss I won't name...

...who used to phone me from the other side of the world at random hours, just to tell me I was dreadful at my job. He probably had a point some days. It gave me the gift of perspective. On any given stressful day, I think, 'Well, it's not as bad as those phone calls!' and I relax.

#### Thank you to (now defunct) B magazine...

...for teaching me that being fired is not The End Of Everything. I used to really, truly believe it was, until it happened to me. So honestly, thank you.

Even my least favourite jobs gave me great joy, lasting friendships and unforgettable experience. And they all contributed to my journey to where I am now, for which I am truly grateful. If you're doing a job right now that requires a massive sense of humour just to get through the day, remember, it's just part of your bigger journey. Enjoy the issue,



Jo Elvin, Editor
contact me at: editor@glamourmagazine.co.uk

"Even the

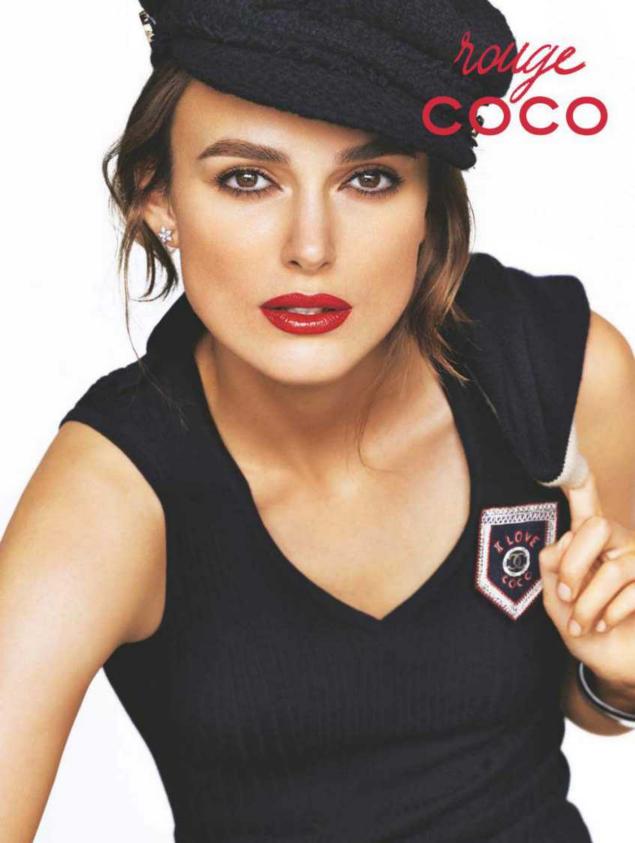
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give you great

lessons"

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# "My sexuality isn't a fad"

Thank you for "Aren't You Really Just Gay?" I've been confused about my sexuality for ages, and felt that anyone I spoke to would either dismiss my feelings as a fad or ridicule me for trying to be 'different'. Seeing my feelings in print, along with the writer's no-nonsense approach, helped me realise that, yes, I am bisexual, and yes, that's OK! **Emily, by email** 

This month's star letter wins a View Quest Christie DAB+ FM radio & NFC/Bluetooth speaker worth £99.99. The Christie has a rotating LCD display, which allows the radio to sit either landscape or portrait, and is available in 11 colours. myvq.co.uk



#### Fast track your life

Walk This Way was such a refreshing read. Feeling in a rut, I recently set myself the challenge of taking 10,000 steps a day. Most days I average about 5,000, but making that commitment has helped me feel more positive and given me a sense of freedom. A small change can have a huge impact. Shannon, by email

@helly\_barrett Hi I'm Helly, and I'm an over-apologiser. Absolutely love @GlamourMagUK article on being #sorry #notsorry

#### Curls = cool

I was thrilled to see *Love Your Curls*. After years of religiously using straighteners, I recently made the decision to go natural – and I'm so

glad I did. I am enjoying my curls and have received lots of compliments. I love that GLAMOUR includes styling tips for all hair types – thank you! Vashti, by email

@jessicaaclaire1 'The most precious of survival skills: a sense of humour.' @GlamourMagUK @jo\_elvin #women #comedy #GlamourAwards

#### Give it a go

Just like Tanya in *Bring On The Balls*, I was definitely one of the girls who hated PE at school. But after meeting a guy who loves kayaking, it seemed rude not to try it, and I was soon hooked! I now play netball and squash, and love watching football and rugby – something I'd never have dreamed of before. Looking

back, perhaps I didn't like sport because I wasn't very good at it – now I realise it's the taking part that gives you that feel-good factor. **Demi, by email** 

@CherriesSballet Think the dinky temporary tattoos in the @Glamour MagUK Summer Edit are ace.

#### Inspiration

Was It Really Ten Years Ago? was a lovely tribute to all those who sadly lost their lives in the 7/7 bombings. The memories shared by those women were emotional, but also incredibly encouraging. Having experienced such a tragic event, they have shown true courage and determination. Thanks for sharing their stories.

Sophie, by email

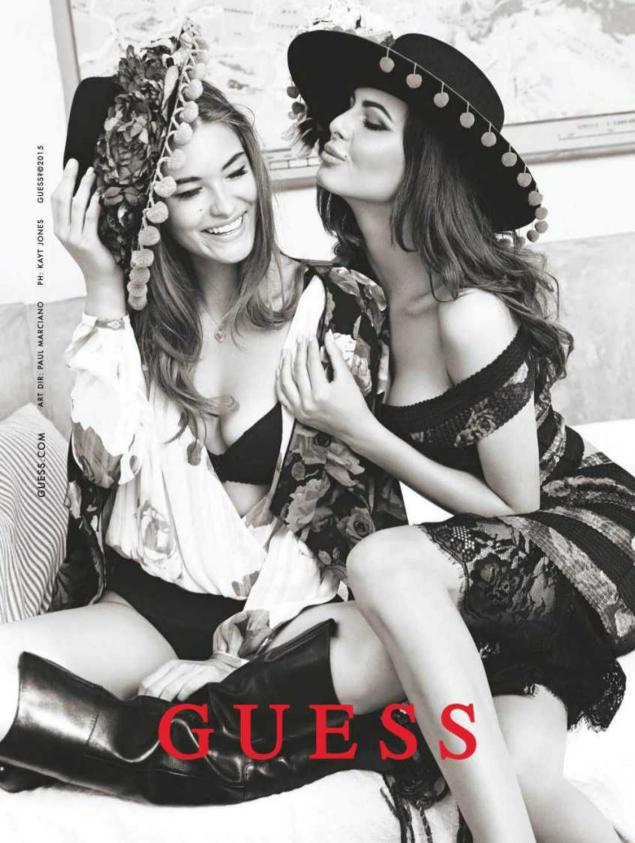


#### GLAMOUR-TO-GO

This month's winner is Gabrielle Sander, pictured with GLAMOUR at Polignano A Mare in Puglia, Italy. Gabrielle wins a Nokia Lumia 635 smartphone. The Lumia has lightning-fast 4G connectivity in a selection of great colours, a 4.5-inch screen and Windows built in. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!

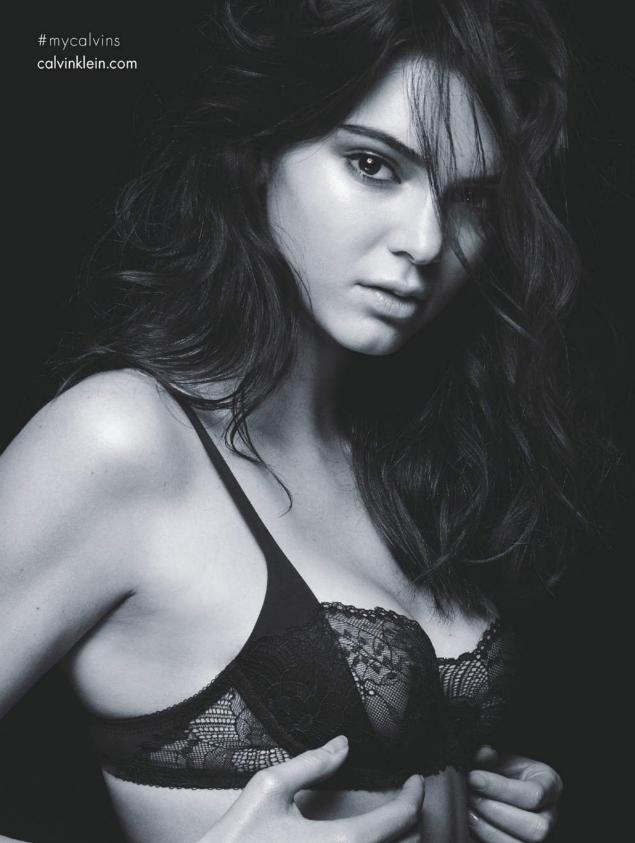
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the original sexy

Calvin Klein

### On GLAMOUR.com







### GIORGIO ARMANI

#SaySì















"The theme is pure eclecticism and layered luxury, built around a blend of avant-garde experimentation and master artisanship," says Karl of the campaign, which was styled by Charlotte Stockdale and

shot by himself

#### Why Kendall Jenner and Lily Donaldson?

They are two of the most globally sought-after models right now. They are also both close to Fendi, having walked in our shows previously.

#### What were they like on set?

The girls are a part of the Fendi family. In between shooting they were taking pictures together, always laughing and playing around. There was a great energy on the set.

#### How do Kendall and Lily personify the archetypal Fendi woman?

They perfectly embody the spirit of the collection. They are strong women not afraid of their femininity.

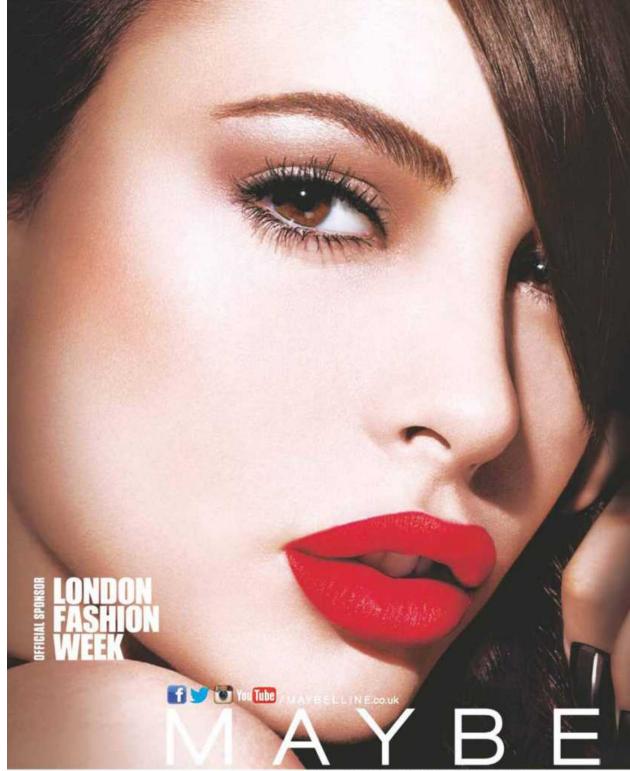
#### What was the inspiration for the collection?

The Swiss artist Sophie Taeuber-Arp. Her

work is so modern and graphic – exactly what Fendi represents for fall: very luxurious, but at the same time highly contemporary. Sophie's artistic approach perfectly matches with Fendi's DNA, including colour blocking, juxtapositions and geometric play. She has varied compositions based on the horizontal and vertical arrangement of the squares and the rectangle – a very Fendi concept.

#### And what inspired the mood of the shoot?

We called the campaign "Arty Puppets". It pays homage to Sophie Taeuber-Arp through 3D life-size representations of her sculptures and puppets. The juxtaposition of materials, tones and textures enhances the playful alternation of lengths, cuts and volumes – everything combines to create a spectacular set of incredibly contemporary images.



MAYBE SIJES BORN WITH IT. MAYBE IT'S MAYBELLINE: Kemp is wearing New Color Sensational\* The Creamy Mattee in Siren in Soarlet. ©2015 Maybelline LLC.



Maze Runner star Kaya Scodelario shares her favourite things with GLAMOUR

#### **Holiday hotspot**

"I have family in Brazil. I like speaking Portuguese and eating my favourite food: pão de queijo, which is like cheesy bread, and picanha, barbecued beef."

Beautiful bling

"My fiancé [actor Benjamin Walker] bought me a Cartier Love Bracelet, that's pretty amazing."

#### Best bar

"I've just moved to Williamsburg in Brooklyn – it's really fun, like Camden, but in America. Pete's Candy Store is my favourite little dive bar."

#### Wardrobe essential

"I always need a good pair of comfy highwaisted jeans from Topshop." Vintage Mom jeans

£40 topshop.com

#### Travel must-haves

"The two things I always carry with me are **Chanel Les Beiges All-In-One Healthy Glow Fluid** – I love the smell – and Chanel's **Rouge Allure in Excentrique**.

It's the first lipstick I bought when

I was 17, and it's still my favourite."

#### Perfect playlist

Classic film

"I just rewatched

Thelma & Louise for the

hundredth time.

It's the original

chick flick."

"I'm an old soul when it comes to music – I like '60s and '70s rock'n'roll. I always listen to The Rolling Stones when I'm travelling or in a hotel in the middle of nowhere."

#### Designer crush

"I'm completely obsessed with Sophia Webster's shoes. They're really cool and bring out my Brazilian personality."

#### London hangouts

"Hampstead Heath is the most beautiful park. I always go to The Abbey Tavern in Kentish Town, too, and have a pint in the beer garden." ▶

Maze Runner: The Scorch Trials is in cinemas from September 10



head in the clouds or feet flat on the ground?
"well, even when i'm wearing flats my head still almost touches the clouds!" — karlie

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What happens when life takes you in different directions? In this month's *Miss You Already,* screenwriter **Morwenna Banks** explores just that

here's a prevailing notion about female friendship that we're constantly partying in skyscraper heels and screaming with laughter about the size of our boyfriends' genitals. It's become fetishised and exclusive. Depending on your generation, it's either viewed through the lens of Sex And The City, where women in quirky clothes confide on a weekly basis, or Girls, where super-cool twentysomethings endlessly overshare. In reality, maintaining close friendships is more complex.

The golden phase for friendship is probably your late teens and early twenties, when you share crucial experiences. Then things change – dates turn into life partners, families and deadlines fill diaries, and those times of getting splaffed in Ibiza diminish. So how do you hold friendships together? What happens when your life is going down the toilet

as theirs is going brilliantly? Or when they are unhappy, but won't let you in?

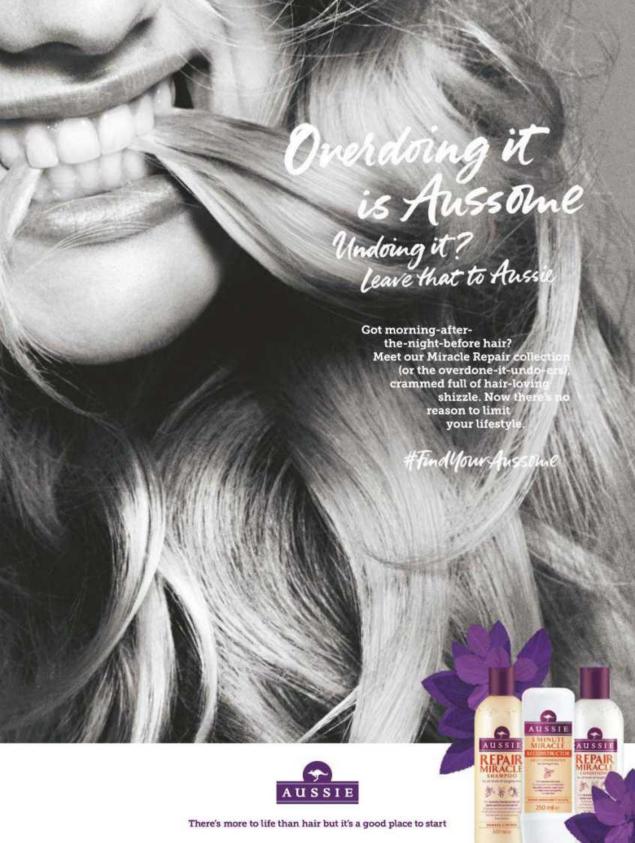
A few years ago, several friends became ill within a short space of time. It seemed like an appalling joke when these amazing young women were diagnosed with breast cancer. They had partners and families, but it was important, as a friend, to try to help. Yet it was hard to know how. At times I felt an idiot, or resentful when other friends seemed to get it right. popping by with bright smiles and lasagne for the freezer (I'm a rubbish cook). I realised I just had to risk doing the wrong thing, so I tried to be there for late-night calls and hospital visits - to share fears and despair, and memories only we had. I tried to face with them the physical changes that made their lives hard. My discomfort was nothing compared to their pain, so I just hung in. Until the end.

It took a while, but it seemed important to write about this

subject. I spoke to many women who had been through breast cancer, to survivors and to the families of those who had not made it. Eventually this evolved into *Miss You Already*, a film about friendship and its complexities as two friends [Drew Barrymore and Toni Collette, above] share hugely challenging events. It's not a memoir, it's a fiction based on the experiences of many extraordinary women, but I hope it has resonance for people who have been touched by the illness. And for everyone who loves their friends.

I've learned that while it's brilliant to plan future 'friend time' when life gets quieter and we get older, life may not give you that chance. So tell your friends you love them *now*. Show them how you feel and, if they've hurt you or pissed you off, get over it, get round it, get through it, because you just don't know what is ahead.

Miss You Already is out from September 25 ►



## 24 hours with

Giles Deacon

...as the very busy designer prepares for London Fashion Week and shoots a collection

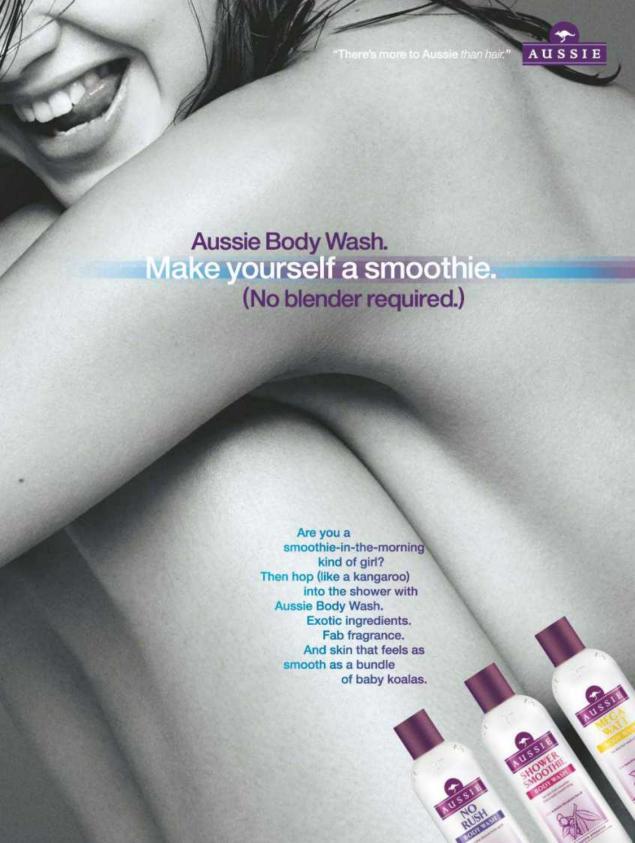
6.30AM I'm an early riser - it's a good time for me to sketch ideas, make lists for the day and get my head together before the world wakes up. 7.40AM I always eat breakfast. Today, it's smoked salmon, two poached eggs and avocado. 8.05AM I get dressed really quickly. My outfit is very functional - white work trousers, white Supreme T-shirt and my favourite trainers, Undefeated x Adidas Superstars, that are also white. I look a bit like a wizard. 8.30AM Head to my local swimming pool. I adore swimming - I use the time to think about how I will brief the hair and make-up team at the shoot for my Debenhams collection today. **9.45AM** Arrive at the shoot, which is on location at a nightclub. I say hello to the photographer and the rest of the crew, then catch up with my friend, Daisy Lowe, who is modelling today. I put some music on while we're shooting, the latest mix from the Late Night Tales series, After Dark Nocturne. 1.15PM Once the shoot is up and running, I head to Quo Vadis in Soho for lunch with an actress - I'm designing a piece for her to wear at a film premiere. I order a steak and a salad. 2.30PM Nip into The National Gallery in Trafalgar Square to see what's on. 3.40PM Jump onto the Central Line to get to my studio in Spitalfields in East London - we're busy working on the spring/summer 2016 show for London Fashion Week. 5.15PM A private client arrives for a fitting, then I take them for a drink at a bar on St John Street. I have a Dry Martini. Only one, mind. 7.30PM Dinner

at the White Cube art gallery in Bermondsey



for the private view of my friend Marc Quinn's new exhibition. 11PM Back home I listen to some Fleetwood Mac to decompress, catch up on emails and make a phone call to a client in California. 12AM Brush my teeth, then bed. ▶

Giles Deacon/EDITION is available at Debenhams







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#### DAWN O'PORTER HONESTLY



"How to explain a mother's love? I even adore his farts!" ince becoming a mum, I've experienced a kind of love that I've been struggling to put into words. And considering I spend the majority of my time constructing sentences, it's remarkable what a challenge it has been for me to compose that one perfect sentence that explains how much I love my baby. But I'm going to try.

Before he was born, I used to think that motherhood would drag me away from the things I love (my work, dinners out, whisky). But that just isn't the case. I have sacrificed nothing because nothing matters as much as he does. Even the whisky doesn't make me feel as good as the smell of his head does. I love my son so much that even though everything else still really matters, it doesn't matter like it used to, and that is actually a huge relief.

I feel like I took all the happy pills all at once. It's heady and obsessive, I'm like a teenager with a wild crush. I miss him when he sleeps. I watch every mouthful he takes in and visualise the goodness nourishing his every cell. And I monitor everything that comes out with the kind of affection that would make my 20-year-old self squirm in disgust. I love his poo so much. It tells me how he's doing, because he can't tell me himself. Every single one is as much of a relief for me as it is for him. It means his body is working and I can relax. Bring it on, my boy!

My baby has puked all over my favourite vintage dresses more times than I dare to count, but increased dry-cleaning bills are a small price to pay for the joy I get from the great burps he does when I wind him on my shoulder. His bodily functions make me laugh. There is not another person on the planet I would ever utter this sentence about: I love his farts.

When he cries, it's the kind of cry that would shatter glass, a high-pitched screech he does as a reaction to a chilly breeze, a damp bum or the slightest onset of hunger. I pick him up into my arms and, no matter how long it lasts, no matter how tired I am or how battered my eardrum

■ gets, I rock him and shhh him until he stops. And I don't feel angry. I don't feel stressed. I feel, when that moment of peace finally comes, that my little guy and I got through something huge. And I say, "If you were anyone else, that would not have been cool." I mean it. I wouldn't take that crap from anyone else.

People told me I'd feel this way and I got largely angry with them, because I thought it was patronising to suggest I didn't know how love felt. "I've had a cat for ten years," I'd say defiantly. "Don't tell me I don't know about love." And I meant it, I *love* my cat. But (and don't let her hear me say this) my love for my baby is even stronger than my love

for my cat. It's understandable, I didn't grow her in my belly and push her out of my vagina.

I'm sorry for every mother who doesn't feel this and every child who doesn't receive it. "I don't take for granted the way I feel. It could be very different"

I look at my son and I don't take for granted the way I feel, his health or our happiness. I know it could have been very different, and that it is for so many people. I have friends who have struggled with the agony of postnatal depression and my heart bleeds for them because the complexities of those emotions are unbearable and unfair. So I suppose the only sentence to explain the love that I feel for my baby is one that has been used many times before — I love him from the bottom of my heart and, for that, I feel very, very lucky. **G** 

What do you think? Tweet me @hotpatooties #GlamourMagUK

Love Dawn

For more information on postnatal depression and how to access treatment and support, visit mind.org.uk



#### Pom-pom earrings

From shopfloorwhore.com - because ears should be fun.

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#### "On Fleek"

I don't know what it means, and I don't care. Just stop it.

Facialists saying you have bad skin BACK OFF, sister, I ain't paying to hear that. Lie to me!

Moaning about what you can't have

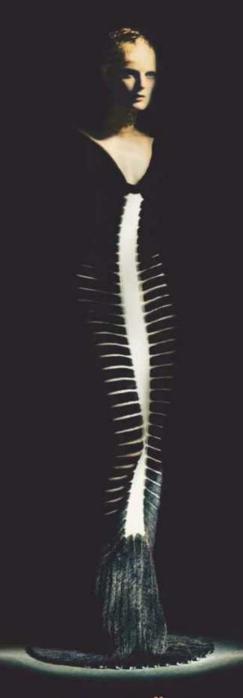
You can't have it. Deal.

X Factor bashing
Stop Tweeting that it's a fix. You can't fake singing!



Portait: David Loftus, Hair: Adam Reed at Eighteen Management. Make-up: Valeria Fereira at Caren. Manicure: Sophie Harris Greenslade at Emma Davies Agency. Fashion Assistant: Holly White. Dress: Bob by Dawn O'Porter. Photograph: Nick Grimshaw/Instagram



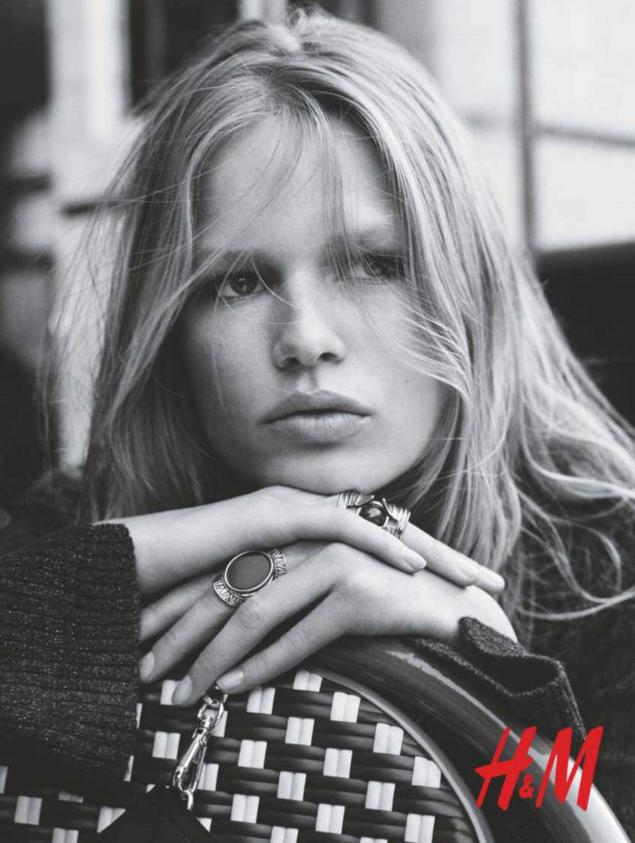


A L A Ï A

EAU DE PARFUM









# Hey, it's OK...

...if your Hoover only gets an outing when there's a spider to deal with (thanks to GLAMOUR reader @HannahRuthPR)

...if your ombré nail art attempt looks nothing like the Pinterest post that inspired it

...to turn your birth-'day' into a fortnight-long extravaganza

...if you're totally down with courgetti' – but draw the line at a cauliflower pizza base

...to find gym grunters seriously off-putting. Yes, you're working hard, but do you have to make a weird sex noise for every rep?

...to be a little overwhelmed when a total stranger goes in for the full double-kiss-and-bear-hug combo. What happened to handshakes?

...if you have to hit 'forgotten password?' on practically every log-in page. It's definitely one of the 47 variations of your pet's name – but you're not sure which

...to be just as excited (and nervous) messaging a new friend as a date. "She texted back! She wants to meet for coffee!" \*fist-pump\*

...to open the Notes app on your phone and find the half-baked, wine-fuelled business plan that last night you were convinced would make you millions

...to borrow something from your friend's wardrobe so often that you think of it as your own. It's OK, she's had your jacket for six months

"Is that the Hoover hose or are you just pleased to see me?"

By Hanna Woodside. Photograph: Chris Craymer/Trunkarchive.com

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

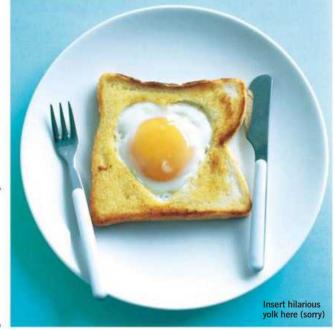
# LITTLE MOMENTS,

## **BIG LOVE**

Because 80% of you think small everyday actions are *way* more romantic than huge gestures...

"My husband often leaves for work before I'm up, but he always leaves out a cup with a teabag and a spoon in, all ready for me to make a cuppa. He doesn't 'do' romance, but this is proof that he can be sweet when he wants to be." Emma, 32

"In the winter, when it's really frosty, I can guarantee I'll come outside to find my husband has already scraped all the ice off my car. It always makes me smile, as I'd be dreading having to do it. And, while we're on the cold theme, he also gets into bed before me, on my side, to warm it up, as he knows how much I hate getting into a chilly bed!" Rachel, 35



"My other half may not send Valentine's cards any more (after 15 years together, we're a bit past that). Instead, it's the little gestures that show me he cares, like feeding my horses - despite not being a big horse fan - and, knowing I have terrible circulation, choosing an optional extra of a heated steering wheel on my car as he knows I get cold hands! For me, those small thoughtful things are way more important than any Valentine's card." Claire, 39

"My boyfriend leaves for work at ridiculous o'clock every day. As I'm always dead to the world, he says goodbye by planting a little kiss on my forehead. It brings a smile to my face each and every weekday morning." Sagina, 31

"My boyfriend isn't one for flowers on birthdays or Valentine's, but he often sends them on the spur of the moment with a note saying, 'Just for being awesome.' And every Saturday, on the way back from the gym, he'll walk out of his way to pick up my favourite latte and a hot chocolate for our little girl. He doesn't drink hot drinks, but knows it'll make our day, so he's happy to take a detour. To say he has restored my faith in love – and men – is an understatement." **Kelly, 37** 

"I was diagnosed with Bell's Palsy just before my birthday. With a half-paralysed face, I wanted to cancel my party – I was worried about getting the food ready, but my boyfriend went out and brought back bags of McDonald's and Krispy Kremes, so I didn't have to cook. Other times, he'll text when I'm at work to tell me to come downstairs, and he'll be there with a random present. To date, he's turned up with a bulldog piggy bank and a new phone case, just to make me smile when I'm having a bad day. But the sweetest thing he does is that when we go out to dinner and I don't like my food, he'll always swap with me, even if he hates what I've ordered. To me, that's true love!" Sash, 24

"Somehow, my boyfriend of six months always manages to surprise me. This morning, he made me some oatcakes with peanut butter, wrapped up ready to take for breakfast on the Tube - he'd remembered I'm trying to eat healthily. The other day, I was stuck in traffic for five hours, and grumpy, So he left his night out early to make sure he was at home when I got back, with my PJs ready, dinner cooked and my favourite bottle of gin. And we're waiting to move in together, so he deliberately doesn't watch shows I might like, saving them so we can watch them together. Sweet!" Rosie, 23

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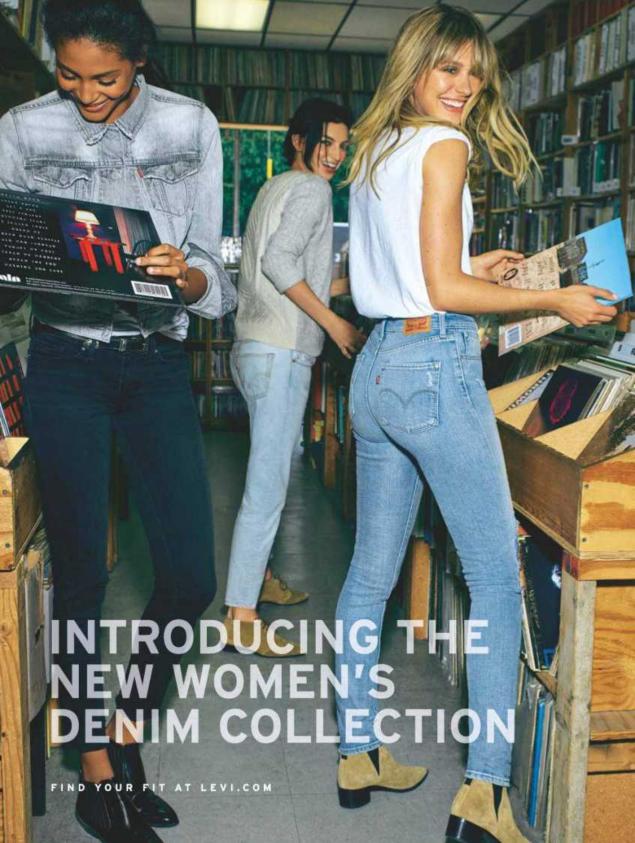


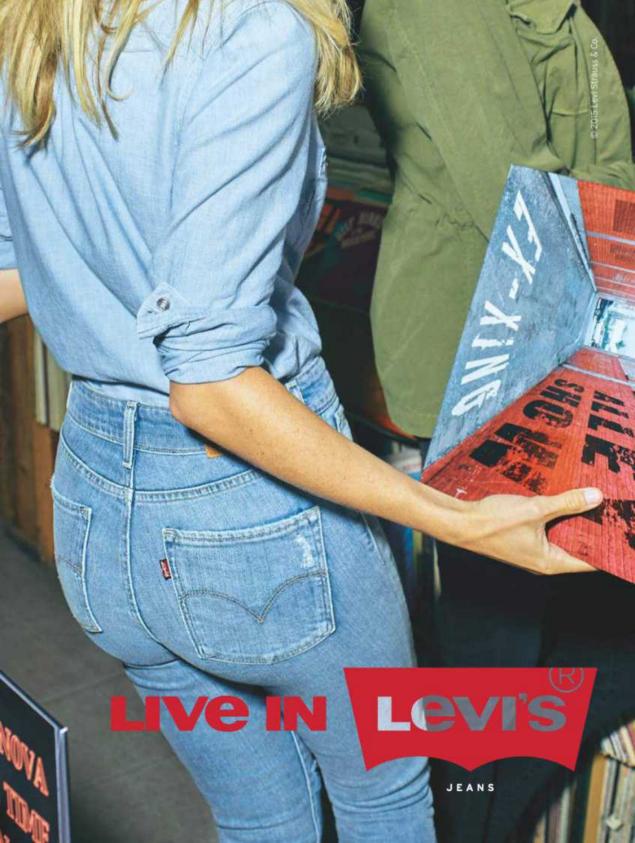
Your best beautiful begins at Olay.co.uk

\*Based on mass market facial moisturiser and cleanser value sales for past 12 months ending June 2014 \*Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014



YOUR BEST BEAUTIFULT







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# "WE'RE MONOGAM-ISH"

Would you let him sleep with other women?

Monica Heisey does, and she couldn't be happier (honestly)

hen I moved to England from Canada, my boyfriend and I agreed long distance was terrible. We'd both done it before with other partners, and no one had much fun. A compromise was born: monogamish. We'd be allowed to date and have sex with other people, as long as everyone involved knew about our pre-existing relationship. It sounded, frankly. impossible, but six years and various additional partners later, we're married, happy, and, yes, still open. Of course, doing something off the relationship piste involves dealing with a lot of misunderstanding. Whether you're curious about being monogamish, or just don't want to be That Girl when dealing with friends in open relationships, here are the must-knows:

#### Jealousy still happens

But you're confronting it more head-on. The first time my partner kissed someone else, I unleashed a barrage of questions: did he like it? Was she prettier than me? Worse, was she funnier? Ultimately, I realised it's not a competition. Discovering your partner is still attracted to other people, and they're capable of kissing and even going to bed with that person, and still being in love with you can, over time, lessen the impact of jealousy. That's a tip that carries over to 'regular'

relationships: you won't die if your boyfriend thinks another girl is cute.

#### Your friends and family probably won't get it

The truth is, most people won't understand. My mum presumed our monogamish experiment was a kind of sanctioned cheating. Men at bars commonly decide that having a partner and an extracurricular sex life means I've got no standards and will gladly follow them into the loo for a bit of non-monogamous sex. While you don't owe anyone an education about alternative relationship models, I find the easiest way to deal with it is a simple explanation of however your relationship works for you.

#### You will be asked very personal questions

People are curious about things they don't understand, so you will get a lot of "You see other people?" Yes. "And it's OK?" Yes. "Do you guys have *threesomes?*" You know, Aunt Carol, maybe we've had enough of this topic for today. It can be uncomfortable, but a polite, "That's a personal question" usually shuts down Nosy Nellies.

#### It's not a non-stop pansexual orgy

"We're monogamish" is not a secret password that lets you into the kinky

underground world of the nonmonogamous. While it certainly is easier to arrange a threesome if you happen to be seeing two men at once (hi, Aunt Carol), it's not quite as wild a lifestyle as most people presume. Really, it involves a lot more group scheduling and communicating than gender-fluid five-ways.

#### It's mostly a lot of talking

To be in a non-monogamous relationship, you have to get good at talking about your feelings, and better at hearing the feelings of others in a non-judgemental way. Having some ground rules ("Fridays are our night") helps. For us, the trickiest bit is the beginning of a new interaction, so most of our rules surround that: text to let the other know if things have turned flirty with someone else, and make extra sure the new person really understands our arrangement. Also, no unplanned sleepovers.

Being monogamish can be difficult, but so can any relationship. I've never felt as happy and fulfilled and, OK, a bit smug, as when I'm tucked in the corner of a pub with my husband and my boyfriend, all enjoying each other's company. It might not be for everyone, and it might not be forever, but for us, for now, it's pretty great.



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# #FIRSTDAY FAIL

You got the job! Now all you have to do is make a good impression – unlike these GLAMOUR readers...



"I took the initiative and sent an office-wide email to introduce myself. It was only after I hit send that I realised, in my nervousness I'd misspelled my own name as 'Henel'... twice. I had to send a cringey, 'Oops, that was a typo' message immediately after." Helen, 30

"When I interviewed for my current job, I noticed everyone was dressed pretty casually – jeans and Converse seemed the norm. So imagine my confusion when I turned up – also in jeans and Converse – to find everyone in smart shirts and suits. I'd interviewed on a dress-down Friday, and I stuck out like a sore thumb. Even worse, I got three or four well-meant emails from people giving me a kind 'heads up' about the office dress code." Amal, 31

"I accidentally asked a colleague on a date. I'm from Manchester, so when I asked, 'What are you doing for dinner?' I meant what was he eating for lunch? Flustered, he said, "Um, well. I have a girlfriend, so we'll just do something together." It was only 20 minutes later, when I was buying a sandwich, that the 'dinner/ lunch' thing hit me – and that he'd probably told half the office that the new girl had been hitting on him." **Kelly, 28** 

"I was running late – and the building's one lift was taking ages – so I ran full pelt up 14 flights of stairs. I was so breathless when my new boss greeted me, I couldn't say anything in response. Ushered to my desk, I realised I had two giant sweat stains under my arms – which were revealed every time each of my 23 new colleagues came over to shake my hand and welcome me." Amanda, 28

"I had to lead a meeting on my first day, setting out my objectives for the department I was now in charge of. I told the room our first priority was a total overhaul of the company's marketing strategy, as it was 'old-fashioned and out of touch', then explained in detail why. Turns out it had been implemented recently by our director, and many people in the room had spent months working on it. I did a lot of back-pedalling in my first week." Jenny, 33

"On my first day,
I set off the fire alarm
— sending more than
200 people to stand
shivering outside in
the freezing February
rain. Just to add to the
embarrassment, I had
been toasting the free
bagels we got in the
staff kitchen. It was so
hideous outside, no
one even joked about it
with me. I felt terrible."

Hannah, 32

#### TIME FOR A **DO-OVER?**

Leadership coach Kristi Hedges explains how to recover from a bad first impression

#### Don't hide away

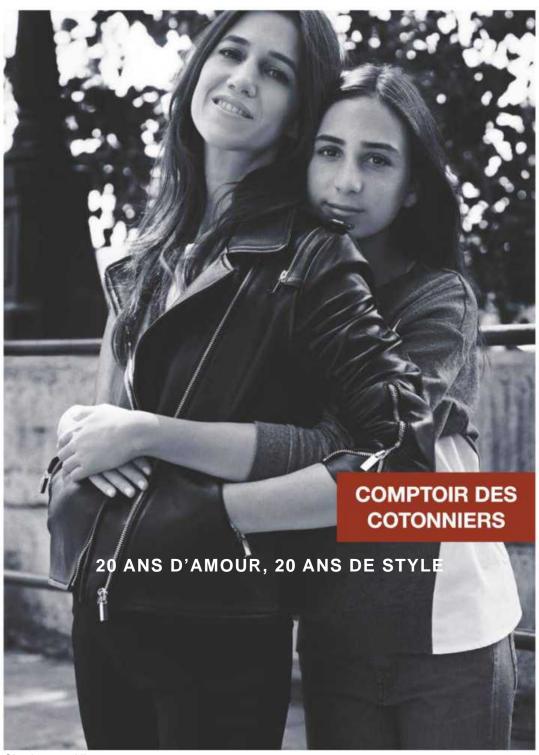
"Impressions evolve — think how your own feelings have changed about people once you've got to know them. Don't give up too quickly just because you're embarrassed."

#### **Be persistent and consistent**"A Harvard study found it takes eight

positive encounters to change a negative opinion of you. Small efforts work best – like making an insightful contribution in a meeting."

#### Or go for the direct approach

"Simply say, 'I feel like we got off on the wrong foot. Can we grab five minutes when you're free?' It shows guts. This type of honesty can be a relationship game-changer."



Charlotte et Alice





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# YOUR MONEY

TO-DO LIST

Six smart things you can do today to beef up your financial security

o matter how careful we are with our cash, there's always room for improvement when it comes to looking after our future finances. New research reveals that while almost three quarters of 21-34 year olds set financial goals, only 20% have a plan in place to achieve those goals. "Most of us would like to have the security of feeling on track," says financial adviser Miss Lolly. "But fear of not knowing or understanding what to do often holds us back." Luckily, a few savvy, vet stress-less money tips can get you moving in the right direction.

#### 1 GET THE GOVERNMENT TO CO-FUND YOUR FLAT

With property prices and deposits now so huge, the number of people aged 20-45 saving for a home has dropped by 14% in the past year. But with a Help To Buy ISA for first-time buyers (available from banks and building societies this autumn), you can put in as much as you can each month and, every time you hit £200, the government tops it up

by up to 25%. This means you could bank £10k in less than four years. Check out gov.uk/ government/publications/ help-to-buy-isa

#### 2 FUTUREPROOF YOUR 'FORTUNE'

Recent shake-ups in pensions give you, the consumer, much more choice. Plus, by 2018. all employers will have to enrol you into a pension scheme - and contribute to it. "The amount an employer contributes will vary, with a minimum employer contribution of 3%," says pensions consultant Lucie Gee. "Based on a £40-a-month net pension contribution that your employer matches, you could build up a pension fund worth £134,650 over a 40-year period."

#### 3 STOCKS AND SHARES LITE

If you're lucky enough to have a windfall – a bonus or inheritance – that you can afford to put away for ten years, a monthly stocks-and-shares ISA could make you minted. "Investment doesn't need to be high-risk," says Miss Lolly. "Rather than investing in one area, build

up a fund – a collection of stocks and shares – so if one stock plummets, the effect on your portfolio is minimal." Use the free guides and tools at hl.co.uk, or speak to a financial adviser.

#### 4 CROWDFUND YOURSELF RICH(ER)

You may not have Sarah Beeny's property portfolio (or know-how). but you can still invest in property through crowdfunding sites like Property Moose. You'll receive a chunk of the rental payments, plus a portion of the return once it's sold. Or invest in start-ups through sites such as kickstarter.com and reap the rewards once they're (hopefully) making millions.

#### 5 HAVE A FINANCIAL JOKER CARD

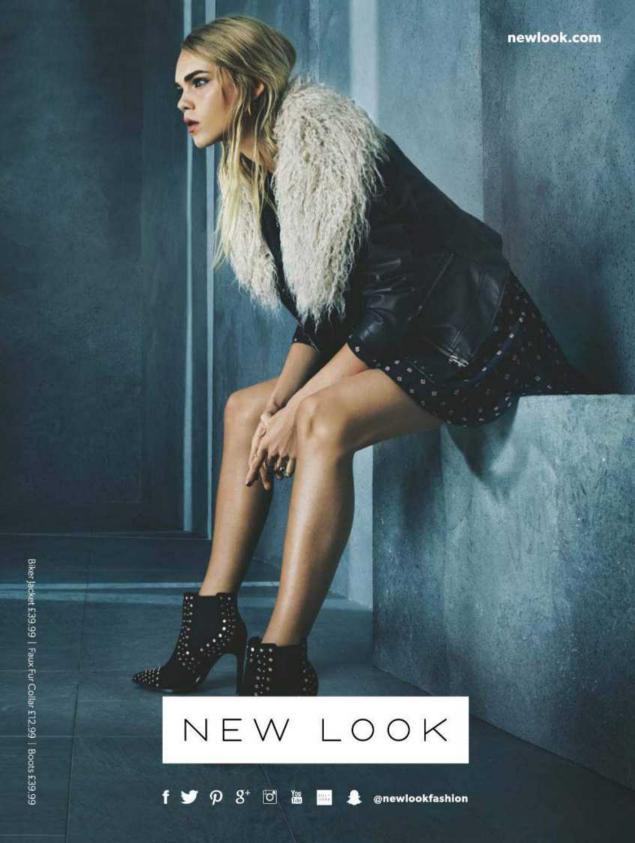
You never know when you might need a 'Screw-it fund' for when life, love or your job goes pear-shaped. One in five people who are

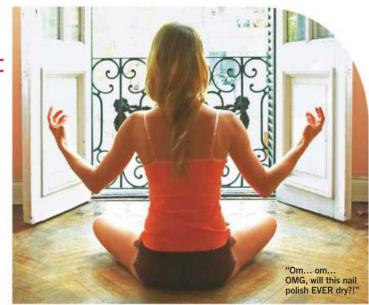
in relationships have a secret savings or bank account. "I've been squirrelling away £30 a month for years," says Amber, 27. "My career isn't exactly thrilling, and I still have half a mind to go travelling - I like knowing I could if I wanted to." But make sure that stash is working hard. says Miss Lolly. "You're losing out if it's not in an ISA, where the interest made isn't taxable."

#### 6 SWITCH UP YOUR BANKING

Banks now offer cash incentives for you to switch. so get into the habit of moving accounts. "Banks don't offer favourable terms for sticking with them. So shop around and get the best deal," says Miss Lolly. Benefits include sign-up money, cashback on household bills, better interest rates. Plus, new regulations have made it easier to switch, with the banks doing most of the work. Compare deals at money.co.uk or moneysavingexpert.com







# CLOCK OFF AND CHILL OUT

Struggling to unwind after work? Here's how to flip your 'off' switch

wo hours and 45 minutes: that's how much free time, on average, we get each working day. So why waste it stuck in work mode? But 75% of us find it hard to relax when we get home. "For our health and wellbeing, it's vital to use that time to 'come down' and get the stresses of the day out of our system," says Dr Nerina Ramlakhan, author of *Tired But Wired*. Here's how.

#### Get that 'job done' feeling

"Juggling multiple projects leaves us feeling like we're never finished," says productivity expert Grace Marshall. "Before you leave work, write a 'Ta-Dah' list: five things, however small, that were done and dusted that day. It gives a sense of completion."

#### Nail your unwinding ritual

"Have a specific action (as simple as making a cup of tea) and do it every

time you get in," says Marshall. "Your mind will associate it with the start of your 'chill' time. It becomes a mental short-cut that tells you to switch off."

#### Try the one-screen rule

Eight in ten of us are guilty of 'double screening', eg half watching TV, half on your phone. "This is overstimulating – making your brain shift between activities makes it harder to relax. Be strict and stick to one at a time," says Dr Ramlakhan.

#### Find time to be alone

You get in, you're tetchy with your housemate or partner, you feel more stressed. Sound familiar? "Get into the routine of saying hi, then taking ten minutes by yourself," says Professor Mark Cropley, author of *The Off Switch*. "Short bursts of solitude let us 'decompress' more quickly than if we're distractedly making small talk."

#### **Control your environment**

"Put everything to do with work out of sight," says Professor Cropley. "Don't underestimate how easily your external environment triggers internal thought processes. You see files and your mind immediately jumps to work. It's particularly important if you're having a tough time at work, when negative thoughts are more likely to resurface."

#### Skewer relaxation guilt

"People often feel bad when they're not busy, and fall into the trap of filling their evenings with tasks and chores," says Marshall. "Change your mindset by telling yourself that recharging isn't a luxury, it's fuel for productivity: relax tonight and tomorrow you'll be able to do more, and do it better."

#### Choose 'active' activities

You've zoned out in front of the TV, but you don't feel relaxed, just drained and restless. "There's a difference between recharging and going on standby," says Marshall. "Ask yourself, 'Am I just killing time, or am I doing something that makes me happy?" Approach leisure like work, advises Professor Cropley. "When you're planning tasks for the day, don't stop at home time – include evening plans too." It's OK if it's as simple as 'watch TV' or 'cook dinner', but choose a programme you *really* want to watch – make it meaningful.

#### 3 IDEAS FOR YOUR '5-9'

#### Go on a 'microadventure'

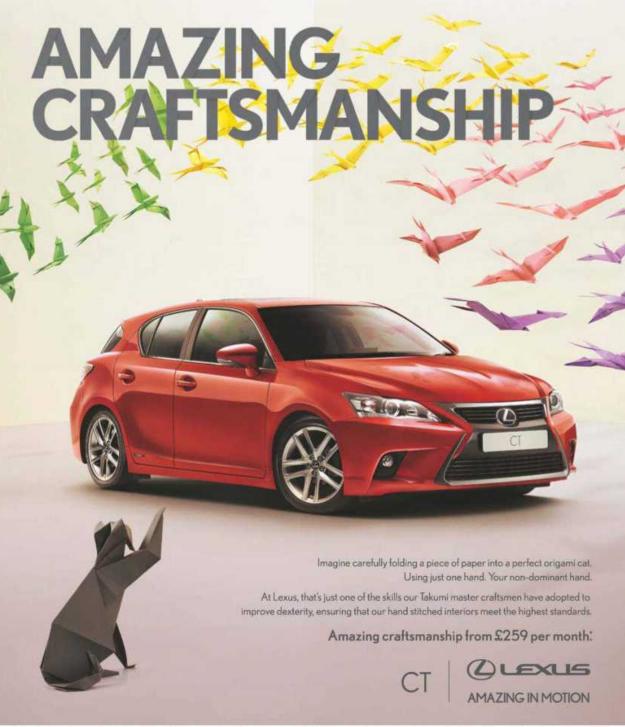
Alastair Humphreys runs back-to-basics wilderness escapes you can fit in on a work night. He's London-based, but find a guide to planning your own at microad.ventures

- Get an Oxford education for free Places like Harvard, Oxford and MIT do free online courses in subjects from web design to Shakespeare. academicearth.org
- Build a bicycle The How To Academy runs courses on everything from building a bike to public speaking. Mainly London-based, they plan to stream courses online soon. howtoacademy.com



Shimmering feathers, bead set with cubic zirconia stones. Be inspired at pandora.net





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# 8 HEALTH CHECKS EVERY WOMAN SHOULD HAVE

Diary packed with highlights and mani appointments? But what about checking that odd freckle? Here's your cut-out-and-keep wellbeing calendar...

#### 1

#### BE SMEAR-SMART

Why? "Smears detect early changes in cervical cells which, if left untreated, might progress to cervical cancer," says GP Dr Sarah Brewer. "Early detection prevents around 75% of cervical cancers." How often? "Between 25 and 49, you'll be invited for a smear every three years," says Dr Brewer. If you're under 25 or between smears, see your GP if you experience pain during sex, unpleasant discharge or bleeding between periods or after sex. The middle of your cycle (14 days after the start of your period) is the best time to schedule it.



#### MANAGE MOLES

**Why?** "Early detection can stop a changing mole becoming melanoma," says Caoimhe Scully from The Mole Clinic.

How often? "Self-check every three months. Follow the ABC guide: A for asymmetrical (it shouldn't be), B for border (it shouldn't be jagged), C for colour (any changes?), D for diameter (bigger than 7mm?) and E for Evolving (has it changed?). If so, see your GP.



#### **SCREEN FOR STIS**

Why? "As well as smears, sexually active women should also be screened for STIs," says GP Dr Rob Hicks.

How often? "If you're seeing lots of people or not practising safe sex, go every month. If you're in a monogamous relationship, both get checked at the start of the relationship." If you notice any genital itching, burning, unusual discharge, discomfort, pressure in the abdomen or flu-like symptoms

or fever that doesn't get better, still speak to your GP.



#### TEST FOR DIABETES

Why? "If you have symptoms including frequently passing urine and feeling thirsty, recurrent thrush, losing weight for no reason and tiredness, ask your GP for a urine test," says Dr Hicks.

How often? You can develop diabetes at any time, but you'll usually get symptoms, so you only really need to get tested if you experience any of the above. Take advice from your GP if you're worried.



#### CHECK YOUR BLOOD PRESSURE

Why? "It's never too early to check for high blood pressure," says Dr Hicks. "Especially if you're overweight, have a family history or drink a lot of alcohol."

How often? "Every

five years. Your pharmacist or GP will do it."
You should also see your GP if you regularly feel faint, dizzy, have blurred vision, nausea or unsteadiness — all can be signs of low blood pressure.



#### BE BREAST-AWARE

Why? In the UK there's no formalised checking for breast cancer until 50, so you need to be breast-aware. "Get used to feeling your breasts regularly, as it's important to know what your breasts feel like at different times — some women are lumpy before their period, others after it," says Dr Hicks.

How often? Frequently.

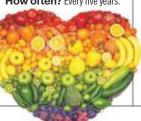
"Feel your breasts in the shower and know what's normal for you. As well as a lump, look out for puckering or dimpling of the skin, bleeding from the nipple, a red patch or rash around the nipple that doesn't heal, nipple discharge or pain in the breast."

#### DON'T FORGET CHOLESTEROL

Why? 'High cholesterol can be genetic, so if you have a family history you need to be tested," says Dr Hicks. High cholesterol raises the risk of heart disease, heart attacks and strokes.

Obvious risk factors are smoking, being overweight etc, but plenty of slim/fit young people have high cholesterol and no symptoms, so it's a good idea to get tested.

How often? Every five years.



# 8

#### LISTEN TO YOUR GUT

Why? "If you have symptoms of coeliac disease — an intolerance to gluten — like tiredness, losing weight or IBS (irritable bowel syndrome), ask your GP for a blood test," says Dr Brewer. "If you have an immediate family member with coeliac disease, ask for a test even without symptoms." Of the one in 100 people in the UK who have the condition, only 24% are diagnosed. How often? Once — if

How often? Once – if diagnosed you'll have to eat a gluten-free diet for life. Visit coeliac.org.uk





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It's perfect for when I want to give my skin a break from heavier make-up. From evenings out with my husband, to drinks with the girls, it makes my skin look great, giving it that special little oomph.

# How do you use Garnier BB cream?

I use it like I'd use a moisturiser in the morning, it's so easy it literally takes 1 minute. I have very little 'me time' at the moment, so it fits perfectly into my busy lifestyle.

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Lynne B (Worcester)

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The micelles (cleansing agents) within it act like 'dirt magneta', lifting away make-up and impurities in one step.

### How do Luse it?

Simply apply to a cotton pad and gently wipe across your skin.





# Luisa Delgado

Luisa, 49, is the CEO of Safilo Group, the world's second largest optical company. It produces and sells glasses for designers including Céline, Alexander McQueen and Marc Jacobs

I grew up in a small village, dreaming of becoming a diplomat. Knowing languages would be important, I spoke five by 18. I hoped a degree in law would springboard me into that world, but after finishing my Masters in Law at the University of London (1987-1988), my interest switched to a career in business.

After graduating, I was offered a job in HR at Procter & Gamble's Portuguese start-up. P&G moves employees around every 18 months to develop talent, so my next role (1992-1994) was managing a bleach factory, before moving into the role of

This was a big job involving overseeing business performance management and HR infrastructure. I was overwhelmed when I returned to it after having my daughter in 2001 – I could no longer work 15-hour days and be the perfect manager. Meditation helped me see the bigger picture – P&G sells detergent. It's important, but it's not world peace.

Country HR manager for two years.

I wasn't planning to leave P&G, but when I accepted a role as a nonexecutive director at The IKEA Group, it got me thinking about opportunities. After approaching headhunters, I was offered a job in HR with German software company SAP. One of the most rewarding things was helping set up a programme called Talent With Autism.

# **FDUCATION**

### 1984-1987

BA (Hons) Law, University of Geneva, Switzerland

### 1989-1990

Postgraduate Diploma in European Studies, Lusíada University, Lisbon, Portugal



On holiday in Portugal, I met my husband. We married a few months later and, after taking a Portuguese course, I started

my diploma. It helped me understand about Europe – essential for business.

# CAREER EXPERIENCE

### 1991-1992

Recruiting, Training and Employee Communications Manager, Procter & Gamble, Lisbon, Portugal

### 1996-1998

UK HR manager, Procter & Gamble, Newcastle

### 2000-2007

HR VP, Western Europe, Procter & Gamble, Geneva

### 2007-2012

Local CEO of Procter & Gamble Nordic, Stockholm

### 2012-2013

Executive Board Member in charge of HR, SAP, Walldorf, Germany

### 2013-present

CEO Safilo Group and Safilo SpA, Padua, Italy The HQ of P&G were in Newcastle, and while the job was the logical next step, it was difficult because my husband was in Portugal. We travelled to London to see each other at weekends. He continued commuting when I moved to Brussels to become Regional Organisational Manager, a role focusing on design strategy and global brand management.

It was a huge compliment to be offered this job. My challenge was increasing P&G's share in the Nordic market. One of our biggest successes was Pampers nappies. A competitor was outselling us, so we changed tack to appeal to the emotional side of consumers.

I was already a non-executive director at Safilo and loved its history, but hesitated when they offered me the job of CEO. I worried people would think I'd been fired if I left SAP so soon. But I've never regretted my decision. I love my job.



# LUISA'S LIFE LESSONS

Never shy away from mission impossible

Challenges form you and make you a great leader.

The best managers aren't necessarily the most academic

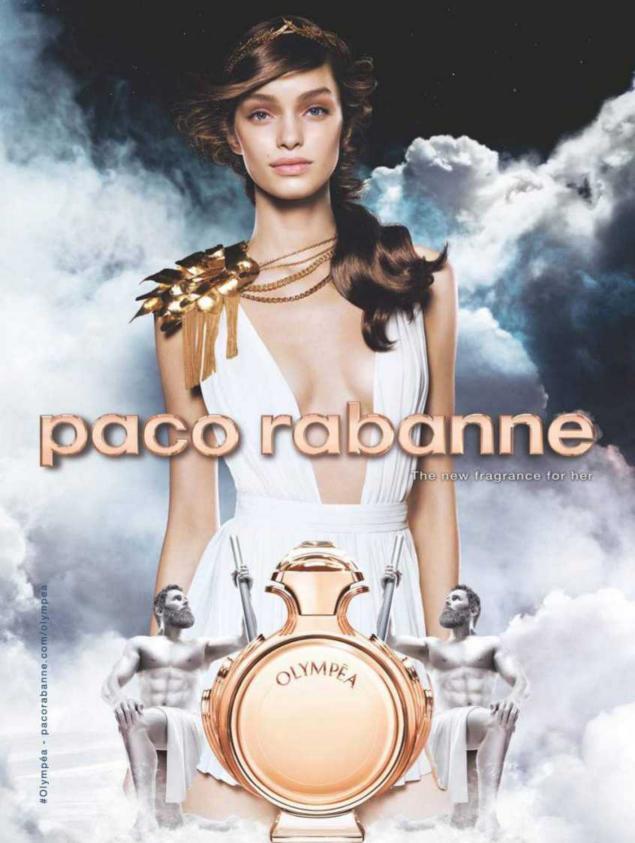
... but those who show emotional intelligence and empathy.

Approach every job with humility and take time to consider problems Fast decision making doesn't necessarily

equal effective decision making.









# BEST-DRESSED NEWCOMERS ▶





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# THE BEST-DRESSED BUZZ

The stats, the facts, the lowdown

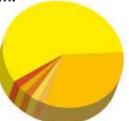


# Most stylish nation?

Percentage of entries who came from:

USA 58%
UK 32%
Mexico 2%
New Zealand 2%
Australia 2%
Germany 2%

**Barbados** 2%



£134,000,000

the combined net worth of our Top 5

# 28 years

The age gap between our oldest style-setter, Jennifer Aniston, 46, and our youngest fashion upstart, Lorde, 18

Off-duty

30

Average age of the most stylish women

# **MOST STYLISH NAME**

KATE

(four on our list)



Turn to page 95 to see the highest-placed Kate ▶

# OUR BEST-DRESSED MAN'S STYLE CHECKLIST



Turn the page to see who he is...

On-duty Shoe

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# THE BEST-DRESSED BUZZ

The stats, the facts, the lowdown



# Best-dressed occupations

Actress 44%
Model 12%

Multi-hyphenates eg modelentrepreneur 20% Singer 24%





Highly commended **EMMA WATSON** 

In the Top 5, five years in a row

# WHOSE STYLE RULES ARE THESE?

A "THERE'S NOTHING INTERESTING IN LOOKING PERFECT. YOU WANT WHAT YOU'RE WEARING TO SAY SOMETHING ABOUT YOU."

B "It's not about how much something costs – if it looks great, it looks great."

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NEVER IN FASHION
– BECAUSE IN TWO
YEARS' TIME
YOU'LL BE
WEARING 'NEVER'."

"The most beautiful thing you can wear is confidence."

®"JEWELLERY?
I DON'T THINK
YOU CAN EVER
HAVE TOO MUCH."

See the side of the page for answers

# **OUR BEST-DRESSED COVER GIRLS**



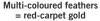




# 4 STYLE LESSONS FROM OUR HIGHEST NEW ENTRY

(Can you guess who it is yet?)







Hi-tops go with everything



Double acid-wash denim? Total do



Septum piercings are the new helix piercings





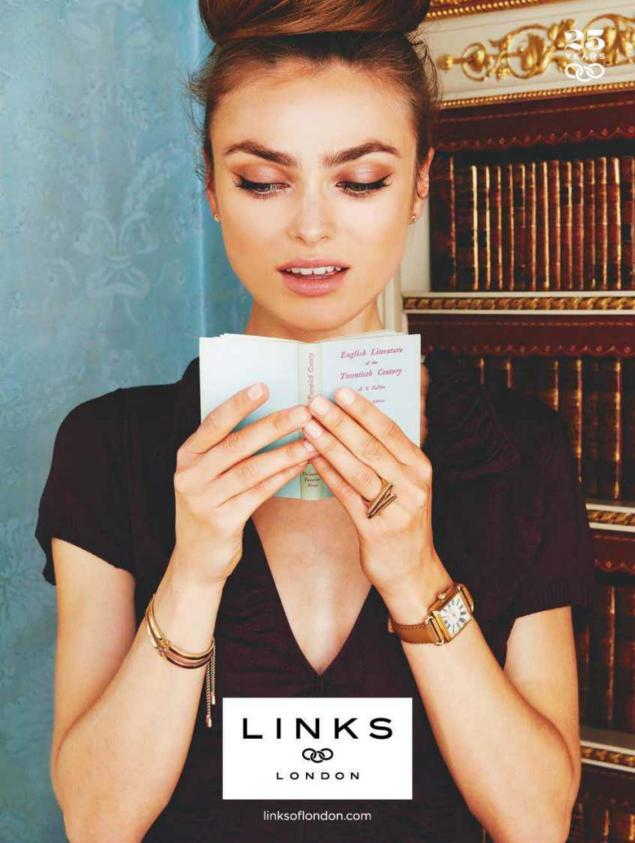
KURT GEIGER

# DAISY DREAM MARC JACOBS









FATFACE

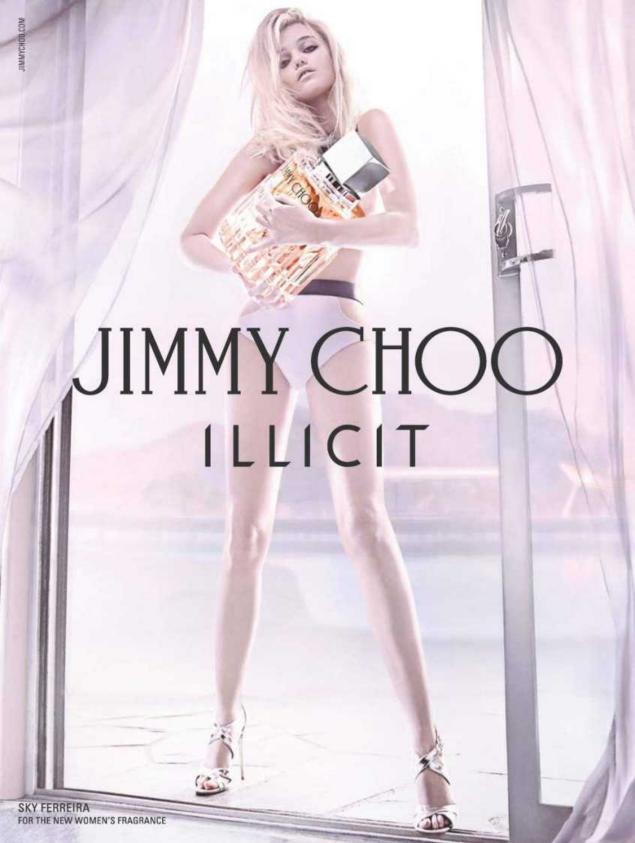
UNITED KINGDOM

# designed for day

NEW AUTUMN COLLECTION
IN STORE AND AT FATFACE.COM









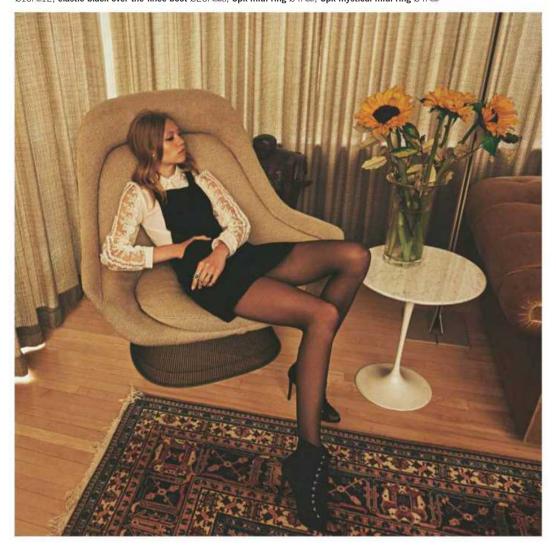
This page: Tweed midi crombie £35/€45; button-up turtleneck (worn back to front) £10/€12; 6pk midi ring, £4/€5; 6pk mystical midi ring £4/€5. Opposite page: Bear crombie £25/€40; tie-neck blouse £10/€13; '70s kick-flare trousers £16/€20; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5



# GIRL FRIDAY

SLIP INTO THE NEW SEASON WITH PRIMARK'S AUTUMN/WINTER COLLECTION. CLASSY MEETS COOL WITH BOLD SHAPES, MUTED TONES, LADYLIKE LACE AND A ROCK'N'ROLL ATTITUDE

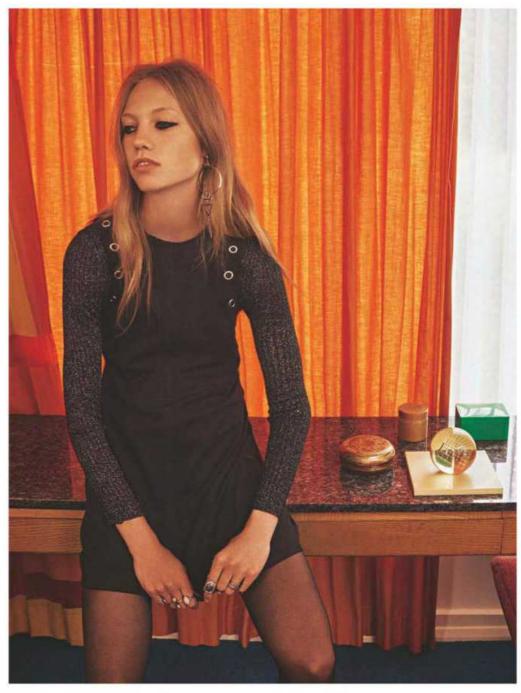
This page: Babycord pinafore £13/€17; crochet-sleeve shirt £12/€15; lace-up ankle boots £18/€22; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5. Opposite page: Lace tie-neck blouse £18/€23; suede button-through mini £10/€12; elastic black over-the-knee boot £20/€28; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5





Studded cable jumper £18/€24; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5





Eyelet mini £15/€19; glitter knit £10/€12; asymetric statement earring pack £3/€4; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5





This page: Check waistcoat £12/€16; tie-neck blouse £10/€13; plait denim pocket shorts £10/€13; black over-the knee boots £22/€28; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5. Opposite page: Midi wrap mac £25/€40; print Victoriana ruffle dress £13/€17; 6pk midi ring £4/€5; 6pk mystical midi ring £4/€5

# WANT TO WIN?

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For more details and to view our favourite entries, visit glamourmagazine.co.uk/promotions/primark



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# **G REALITY**

he girl smiled sweetly as she took my coat. She was there to cut my hair, but before I'd even slipped into my robe, I was already thinking of how she might look naked. Sitting me down in front of her mirror,

her top slipped forward, just an inch, revealing a flash of her skin, and as I glanced back at her reflection I pictured her breasts rubbing against my face. I swallowed hard and picked at the edge of one of my nails as she started asking me about my highlights.

"Does that sound about right then, a honey blonde with some caramel streaks mixed through?" The girl tipped her head, her naked breasts still rearing towards me. I nodded silently, unable to speak. I forced myself to look away, but on the other side of the salon. I spotted a male hairdresser and in a flash, I saw him standing there naked.

I was 21, but that wasn't the first time I'd had to sit quietly and manage a massive panic attack in my brain. I'd been taking anti-depressants, but even medication couldn't protect me from seeing intrusive sexual images everywhere I went. It was terrifying. Whenever

images of genitals flashed through my mind - and it was constant 24/7 – my heart raced, my breathing quickened and my head pounded with questions I just couldn't answer: why is this happening? What does it mean? Who am I?

I didn't know it, but I had been suffering from a type of OCD - known colloquially as Pure Obsessional (Pure O) - ever since I was a teenager. Unlike many cases of OCD, which fixate on cleanliness or following routines, Pure O manifests unwanted, inappropriate thoughts, impulses or mental images - and mine were always sexual and always disturbing. After all, there was nothing "pure" about the arses and breasts that woke me every morning.

I'd rake through memories trying to find an explanation, but the truth is, I'd had a happy childhood. My parents were liberal and my brother and I ran riot in the most delightful way. We'd make funny recordings of ourselves farting or make Ken and Barbie snog, then fall into fits of laughter.

My first Pure O thoughts hit me at the age of 15. One time, I was at the beach with my family and spotted a poster with a picture of a young boy. Looking at the blond, blue-eyed child, my palms prickled and I felt breathless. Suddenly all I could see were images of naked children. I know, WTF? While my family played football, I sat on my own, turning over questions about why I was thinking such dark thoughts. Did naked children excite me? It was too terrifying to answer. I convinced myself

that if I told anyone, I'd go to prison,

so I stayed silent.

"Keeping up the

appearance of

being normal

was exhausting"

At 17, I was having explicit thoughts about my friends. I'd see them naked, having sex with one another. Of course, they had no idea - to them I was happy-go-lucky Rose, but the reality was completely different. It was impossible to feel like a normal teenager. Once, in the sixth form, I was doing homework

with a Ray Mears nature programme on in the background. I could hear my parents talking in the kitchen and remember looking up at the TV screen and seeing a giant vagina in a crack of a rock face. I sat frozen with shock, too scared to tell my parents.





# Dune



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■ the only way I could monitor everyone in the room and work out who was turning me on the most. I'd look at the boys, then the girls, and while they sat learning about early 20th-century poetry, I'd ask myself over and over: do I want to shag her more than him. him more than her?

ventually I did start seeing a guy in Leeds, but it soon became clear I wouldn't be able to enjoy a relationship. I remember him taking me out for dinner and I kept picturing the waitress with her legs spread. I couldn't connect or be intimate - it just triggered more obsessions.

So I started going out, a lot. I went clubbing and experimented with drugs, but recreational drugs play with your brain chemistry and mine was clearly all over the place. Cocaine made me extremely anxious and long, crushing lows always followed any brief highs.

On the surface I probably seemed outgoing, but keeping up the appearance of being normal was exhausting. And keeping secrets made me feel incredibly lonely. My family noticed I'd bitten my cuticles right down, but I told them I had depression, as it was easier to explain than saying, "I can't stop seeing genitals everywhere."

The only time I felt free was when I played my

bass guitar, as the hand coordination left no room for headspace. I played alone in my room although, eventually, that became impossible, too. The anxiety affected my whole body and ability to focus. I couldn't study, as words in books morphed into sexual images - even going for a walk in the park or a shopping trip was a struggle. I'd be on edge the entire time, worried that the sight of a woman walking

down the street would set off thoughts

that would replay themselves over and over. It battered my brain. At 20, I became so distraught about who I really was that I started self harming with razors. I felt I could never be happy until I found out what was happening to me.

One night at a party, I couldn't take my eyes off two girls, their arms draped around one another, lost in a passionate kiss on the dancefloor. As I tore

# "I convinced myself that if I told anyone, I'd go to prison"

# What is Pure O?

According to charity OCD-UK, Pure O is not a medical term, so it won't be found in any medical diagnosis. It was coined on the internet by sufferers who referred to a form of Obsessive Compulsive Disorder (OCD) called Pure O, Purely Obsessional Thoughts. So where an OCD sufferer will have physical compulsions (such as checking locks, washing hands or hoarding), it was thought that people with the Pure O

form of OCD just have unwanted obsessive thoughts.

However, the reason the charity do not like the term Pure O is that it gives the impression that it is somehow different to other forms of OCD - but the sufferer will always have compulsions, mental internal compulsions or physical compulsions such as checking things on Google, checking objects, seeking reassurance, and avoidance too.

People with OCD may experience

unwanted intrusive thoughts of a violent or sexual nature. OCD often attacks the sufferer on the things or people the sufferer cares about. So for someone in a relationship, the OCD may involve having unwanted thoughts of being attracted to the same or opposite sex. For others, perhaps parents, it may involve unwanted thoughts of causing harm to their or other children. Or it may be they fear they will

somehow pick up a kitchen knife and stab a loved one (so they avoid knives, and lock the knives up - a compulsion).

It's important to remember that OCD attacks people because they are kind and caring - these actions are the last thing they want.

It's also worth noting that all forms of OCD, including Pure O, can be successfully treated with cognitive behavioural therapy available through the NHS.



■ my eyes away, I saw vaginas everywhere.
In that moment, I realised I must be ill.
I grabbed my coat and walked out.

ack in my room, I made a list of my symptoms, then Googled "intrusive thoughts". It was a cathartic few hours as I realised I had symptoms of OCD. But within days, my self-diagnosis became a compulsion itself. Did I really have OCD?

I went through several months of seeing different doctors, but none could diagnose what was wrong. In fact, most of them tried to convince me this was happening because I was gay. I was open to the idea that I might be gay, but it just didn't make sense – being gay wouldn't make me have these uncontrollable, graphic thoughts; it just seemed like a ridiculous thing to say. It was so infuriating to still have no answers and I felt more lost and confused than ever.

Then, when I was 24, I met Toby. I had moved to London and was trying to build a career as a writer. With Toby, for the first time in my life, I felt like I'd fallen in love. There was no game-playing or hesitancy about commitment. We just wanted to be together. Despite this, my OCD took a stronger grip. I'd pick apart every feeling I had for Toby, asking myself, do I really like him? It stole every good and happy feeling.

A turning point came at one of the worst moments in our relationship. I'd been in a London club where a friend was shooting a music video. She'd asked me to be an extra, but when I started dancing close

# WHERE TO GO FOR HELP

OCD-UK supports children and adults affected by Obsessive Compulsive Disorder. Its website is packed with useful information about OCD and related disorders, and there's also a useful directory of where to access treatment, an advice line and how to find community support. ocduk.org

to the star of the video, his face seemed to morph into a dancing vagina. I fled, convinced that my obsessions had destroyed the one good thing in my life, which was my love for Toby. I wanted to die.

hat night Toby found me on his balcony, ready to jump.
I just wanted to end the misery, but standing in front of him, as I contemplated death,
I saw his hands shaking, tears rolling down his face – and something snapped in me.
I told him everything and as he held me tight, I had an overwhelming rush of relief.

I wish I could say the problem went away after that, but my experience of mental illness is that it doesn't play by simple rules. Toby couldn't do anything to stop the thoughts, but he helped me find a therapist in New York, who I worked with on Skype. She used ERP (exposure and response prevention), which works by exposing a person to the source of their compulsion in order to face it. We'd start by looking at tame images of people in their underwear and then build up to watching porn. I'd feel anxiety rising in my chest, but rather than giving in to my default to work out who I found most attractive. I'd be forced to resist the impulse. I spent more than £400 a month on ERP for over a year - it broke my bank, but calmed my thoughts.

I also told my family. My parents couldn't understand how I'd lived with the condition for over 11 years. Opening up to my loved ones helped me come to terms with what I'd been through, and the sexual thoughts stopped after a year-long programme of ERP, while cognitive behavioural therapy taught me how to not ruminate.

Part of Pure O recovery is accepting that doubt and uncertainty are part of life.

Now if I'm anxious and my thoughts are spiralling, I have learnt to accept that whatever I'm obsessed about might well happen – I can't control it – but I can bring myself back to the present moment. I've been on an extraordinary journey, but without living through that nightmare, I sometimes wonder if I'd really know how deeply grateful I am to Toby. Pure O made my life a misery, but for the first time in my life I can now see a stable future. **G** 

Rose Bretécher's memoir,  $\it PURE$  (Unbound, £14.99), is out on September 24









# SLEEK SILHOUETTE

SEXY AND SOPHISTICATED, THE NEW

MODERNE COLLECTION FROM M&S AUTOGRAPH IS

OH-SO DREAMY. EXPECT CONTEMPORARY STYLING,

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AND HEAVENLY PRINTS...





# "The moment my career clicked"

Haven't found the 'perfect' job yet? These successful women took time to figure it all out, too. By **Clare Thorp** 

here do you see yourself in five years' time?" It's the dreaded career question – and if the answer is, "I don't know," you're not alone: more than 80% of millennials feel anxious about the future of their career. "There's a huge pressure to have a path mapped out," says career coach Beth Reacher. "Many of us attach our sense of identity to 'what we do'. But you're more likely to be inspired if you're open to opportunities and let go of setting yourself deadlines." Here, ten women share the moment when their career made sense.



"I gave myself permission to go after my dream"

Emma Healey, 30, author of Elizabeth Is Missing, winner of the Costa first novel award in 2014 "I'd been writing since my teens, but never thought it could be a career. I eventually found the courage to join

a writing workshop and ended up in tears — but only because everyone had engaged with my main character within the 700 words I'd brought. That feedback made me realise that writing a book was possible. I gave up my job in a gallery, applied for an MA in creative writing and Elizabeth Is Missing was published five years later."











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# **GINSPIRATION**

# "I found a focus for my ambition"

Donna Ida Thornton, 42, owner of Donna Ida Jeans

"In my early thirties, I felt as if my career had no direction. I'd worked as a secretary and in marketing, but never felt like I had a purpose. I knew I wanted to work for myself and that I was prepared to work hard, but I lacked a focus for that ambition. Rather than



hoping inspiration would strike,
I made it known that I wanted to
start a business and sought the
advice of friends, family and trusted
contacts. When someone said, 'You
know so much about jeans. Why don't
you open a shop that just sells jeans?'
it took less than a day to know that
was my plan. I was 33 when the first
Donna Ida shop opened. Having that
idea was like being given a fantastic
gift, but I hadn't been waiting for
something to come to me — I'd engaged
with people who could help me."

"I got my big break in my 40s"

> Alex Crawford, 53, Sky News special correspondent

"Being a foreign correspondent was my dream from the

moment I started in journalism — but I had to wait more than 20 years for it to happen. When I applied for foreign postings, I constantly got turned down. I tried other jobs — business correspondent, political correspondent — but something was always missing. When, aged 43, I finally got my first posting, to India, I was thrilled. I'd waited so long for the opportunity that I was raring to go. I see people who get it younger and they tire of it after a few years, but I'm like a hungry dog savouring every mouthful."

# "One idea changed the course of my career"

Kathryn Parsons, 33, co-founder of the coding school Decoded

"Shortly before I turned 30, I was discussing my passion for technology with my now business partner and he asked if I could code. 'Of course not,' I said, 'Who can?' I realised that the majority of people who use the internet don't understand how it's built and the challenge of teaching people to code in a day became my obsession."



# "I was 60 when I launched my own company"

Linda Rodin, 67, founder of Rodin Olio Lusso

"In my fifties I couldn't find a face oil I liked, so I mixed my own at home. Soon I was doing it for my friends, too, and just after I turned 60 I launched a skincare line. Last year, Estée Lauder bought it and then it hit me, aged 66, that I had my own successful business."



"In many ways, my career as a geneticist was accidental. In my mid-twenties I was a junior doctor, but knew it wasn't right for me. So when I saw that prominent cancer scientist Sir Mike Stratton was looking for someone to work in his lab and study molecular genetics, I went for it. I hadn't considered working in that field, but it felt like a good fit: I realised the mix of uncovering new things and making a difference was the combination I was looking for. We like to say, 'It was meant to be this way,' but there are lots of careers I could have enjoyed as much.

We shouldn't get caught up in finding our 'perfect' job. It's about finding themes in what you enjoy and being open to opportunities that match."





# **GINSPIRATION**



# "I realised a small business could give me what I want?

# Chloe Macintosh, 40. co-founder of made.com

"At 32. I'd had a successful ten-vear career as an architect. But when a friend of a friend invited me to join his interiors start-up, I jumped. It was less about finding a new career than leaving a hierarchical company where I had nowhere to go. Working for a small firm, I could have input and influence: that's what I wanted. I knew nothing about the internet but

someone was willing to take that chance on me, so I piggybacked off their confidence. Three years later, I was ready to take another jump, co-founding online designer-furniture retailer made.com - spurred on by the same person. If someone has belief in you, use that as a lever to get out of your comfort zone."

# "I went from teaching to training for the Olympics" Helen Glover, 29, rower and Olympic

# gold medallist

"Most athletes start out in their chosen sport in their teens or younger, but I was 22 when I took up rowing. I was training to be a PE teacher - which I thought was the most practical job for someone who loved sport - when my mum told me about an advert for Steve Redgrave's Sporting Giants scheme, looking for people to compete in the 2012 Olympics. I applied, then forgot all about it. Three months later, I was asked to try out.

> They tested 3,000 women, then I was invited to start a training programme in rowing - a sport I'd never tried before. I almost turned it down; I'd just left university, needed to make money and it felt like a gamble. But I never wanted to think, 'What if ... ?' Four years later, I won an Olympic gold medal."



# "The not-quite-right jobs taught me something, too"

# Laura Bates, 28, founder of The Everyday Sexism Project

"Before I started The Everyday Sexism Project. I did lots of different jobs. The time I spent acting gave me the confidence to stand up in a room full of important people. Being a nanny taught me to engage with young people - and I draw on that when I speak at schools and universities. While working as an assistant for an agony aunt and sex therapist, I learnt a lot

about the dynamics of relationships. especially abusive ones. This all informs my work on Everyday Sexism. We drill it into people that they have to be continually moving onwards and upwards towards a goal, but the jobs you do on the way can be really valuable in themselves."

# "I took a pay cut and relocated for the right job"

# Amanda Berry, 53, CEO of Bafta "I still have the faded advert

for my first job at Bafta. I was 38 and working in TV at the time, and the position was for director of development and events. Bafta is

an incredible organisation, but this role was half my salary and meant moving from Glasgow to London. I spent weeks staring at the advert before applying on the last day. I knew it was my chance and I had to go for it. I had three interviews before getting the job and, from the first day, I knew I'd found my perfect role. For two years I worked seven days a week and now, as CEO, I still work crazy hours, but I love what I do. Even so. I feel there could be a whole new career for me after Bafta. In my twenties, I worried that if I didn't change career right away, it would be too late - I see now why that's ridiculous." G





# AUMIN

Cooler days, crisper nights – it's time to pack away the bikinis and get ready for autumn/winter 2015 with the new collection from Guess...

Photographs by **Robert Harper** 







# **GUESS READER EVENT**

Breathe new life into your wardrobe at our exclusive GLAMOUR and Guess reader event. Think insider fashion styling tips, exciting discounts, competitions, goodie bags and much, much more. Check out the full details below...

# WHEN

6pm - 8.30pm on October 8

### WHERE

The Guess flagship store, Regent Street, London W1

# WHAT TO EXPECT?

An evening of feel-good fashion as Guess offers you exclusive insider access to its full autumn/winter collection, a fashion-forward 20% off all purchases made on the Guess Jeans collection and a free denim customisation service.

Top it off with a trend talk from our very own Retail Editor Jo Holley, competitions, goodie bags and lots of yummy snacks and drinks and you'll definitely get excited about the weather turning colder.

# **WANT TICKETS?**

For the chance to win tickets for yourself and a friend, please email your names to glamourevents@condenast.co.uk.

Tickets are limited and are available on a first come, first served basis, so get entering now.





# 7 DAYS OF KEY PIECES, COOL PRIZES AND BRILLIANT DISCOUNTS FOR YOU

FOR ALL THE DETAILS YOU NEED, KEEP READING! >



# GLAMOURWEEK

September 28 – October 4

# WIN! River Island faux-leather skirt

 Ten lucky readers will win this cool skirt.

 The competition closes September 20, and winners will be told by the 24th.

 Not a winner<sup>2</sup> Don't worry, River Island is offering 25% off ALL full-priced merchandise online on

Monday September 28.

# HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Monday) followed by your name, skirt size and email address to 83149†. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

### **Competition Terms & Conditions**

If the skirt is not available in your size or sold out, River Island will substitute an equivalent price voucher. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246

"Wear this miniskirt with a knee-high boot and an oversized men's coat to give it a touch of '90s grunge."

Fashion Director Natalie Hartley

> Polyester-mix overcoat £70 riverisland.com; jumper Natalie's own; PU miniskirt £35 riverisland.com; boots Natalie's own

off ALL full-priced
River Island items online on Monday September 28

1 This voucher entitles you to receive 25% off ALL full-priced items in one transaction ("Offer") at riverisland.com for UK and ROI delivery addresses only, excluding all delivery charges 2 Offer valid from midnight (GMT) on September 27, 2015 to 23.59 (GMT) on September 28, 2015 3 To receive the offer online, enter your details with the following code **GLAMOUR2515**. Only one code per transaction **4** Offer excludes purchases of gift cards, postage and packaging and payment of store cards. Returned items will be refunded at the discounted price paid, on production of valid receipt, and all other normal refund policies apply. Offer cannot be used in conjunction with any other offer or promotion and cannot be exchanged for cash 5 River Island reserves the right to withdraw this offer at any time 6 Promoter: River Island Clothing Co Ltd, Chelsea House, Westgate, London W5 1DR. The Promoter is a registered data user under the Data Protection Act 1998. No provisions of these Terms & Conditions shall affect any statutory rights of entrants. 'River Island' is the registered trademark of River Island Clothing Co Ltd.

WIN! Warehouse leopard-print jumper

 Ten lucky readers will win this wild jumper.

• The competition closes September 20, and winners will be told by the 24th.

Not a winner? Don't worry, Warehouse is offering 25% off this jumper on Tuesday September 29.

"Animal print was all over the runway again this season. It's a real wardrobe staple – my go-to when I don't know what to wear."

Fashion Editor Karen Preston

Viscose jumper £36 and studded PU skirt £45 both warehouse.co.uk; ankle boots Karen's own ▶

HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Tuesday) followed by your name, jumper size and email address to 831491. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

**Competition Terms & Conditions** 

Warehouse reserves the right to amend the prize and any details within it at any time. The item cannot be returned or refunded. If the Warehouse leopard-print jumper is not available in your size or sold out, Warehouse Will provide a substitute garment. Promoter: Warehouse Fashion Ltd, The Triangle, Stanton Harcourt Industrial Estate, Stanton Harcourt, Witney 0X29 5UT. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246 25% off this Warehouse jumper online and instore on Tuesday September 29

Name...

Email...

Terms & Conditions

25% off offer is valid on the Warehouse leopard-print jumper only in the Warehouse stand-alone stores and online at warehouse.co.uk from midnight Monday September 28, 2015 to midnight Tuesday September 29, 2015, using the code WHGLAM09. Cannot be used in conjunction with any other offer. Warehouse reserves the right to change, amend or withdraw this offer at any time with no prior notice. This offer is not open to employees of Warehouse Fashions Ltd. Returned items will be refunded at the discounted price paid. Your statutory rights are not affected. Cash value of offer is 0.0001p. Promoter: Warehouse Fashion Ltd., The Triangle, Stanton Harcourt Industrial Estate, Stanton Harcourt, Witney 0X29 5UT. Staff, please process under code WHGLAM09.

Tick here if you want to be added to our mailing list, which is sometimes made available to carefully screened companies

WIN!

Banana Republic cigarette trousers

• Ten lucky readers will win these classic Sloan Pants.

• The competition closes September 20, and winners will be told by the 24th.

• Not a winner? Don't worry, Banana Republic is offering 25% off ALL full-priced merchandise on Wednesday
September 30.

"Dress down for day with boyish loafers and a white tee; up the style stakes after dark with a silk shirt and heels. Easy, simple and chic."

> Fashion Assistant Chloe Bloch

Cotton-mix blazer £130, cotton T-shirt £20 and cotton-mix trousers £55 all bananarepublic.co.uk; loafers Chloe's own

# HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Wednesday) followed by your name, trousers size and email address to 831491. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd., participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

### **Competition Terms & Conditions**

If the trousers are not available in your size or sold out, Banana Republic will substitute a voucher of equivalent value. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246

off ALL full-priced
Banana Republic
items instore
on Wednesday September 30

Name
Address

Postcode

Email

### Terms & Conditions

Offer applies at participating Banana Republic stores in the UK; limited time only and subject to stock availability. Product exclusions may apply. Discount applied at register. Excludes gift cards. Cannot be combined with any other discount or multiple offers and applies to regular priced merchandise only. Not valid for cash or cash equivalent. No adjustments on previous purchases. Not valid online. Further restrictions and exclusions may apply – ask in store for details. GPS (Great Britain) Limited t/a Banana Republic (Company Number 02275771), Berkeley Square House, London WIJ 658 © 2015

Tick here if you want to be added to our mailing list, which is sometimes made available to carefully screened companies



IGLAMOURWEEK

September 28 – October 4

WIN!

Dorothy Perkins pinafore dress

• Ten lucky readers will win this cute dress.

• The competition closes September 20, and winners will be told by the 24th.

• Not a winner? Don't worry, Dorothy Perkins is offering 25% off ALL full-priced dresses on **Thursday October 1**.



Senior Fashion Assistant

Charlotte Lewis

Viscose rollneck £20 and cotton pinafore dress £20 both dorothyperkins.com; ankle boots Charlotte's own ▶

25%

off ALL full-priced
Dorothy Perkins
dresses online
and instore

# on Thursday October 1

Present this voucher at the till to claim your discount instore, or enter **GLAMOUR25** at the checkout when you shop online at **dorothyperkins.com**.

First name Surname

Address Email

### Terms & Conditions

1 This voucher entitles you to receive 25% discount on full-priced dresses purchased at Dorothy Perkins stores (but not Dorothy Perkins Outlet stores) and concessions on presentation of this voucher, or online at dorothyperkins.com when you enter the discount code **GLAMOUR25** at checkout **2** Voucher valid Thursday 1 October, 2015 only **3** To redeem voucher, present at the till prior to payment or shop online and enter GLAMOUR25 at checkout 4 Voucher can only be used by the recipient and is not transferable. Voucher may be used multiple times 5 Voucher cannot be used in conjunction with any other offer, promotion or discount and cannot be exchanged for cash. Voucher applies to full-priced dresses only, and not to sale or marked-down items. Voucher cannot be used for the purchase of gift cards, gift vouchers or for paying store card accounts. Normal refund policy applies 6 Dorothy Perkins reserves the right to withdraw the voucher at any time. Forged or photocopied vouchers will not be accepted 7 Promoter Dorothy Perkins Trading Limited. Company No. 8907197. Colegrave House, 70 Berners Street, London W1T 3NL.

Store staff, please use till code 39 to process this voucher

Tick here if you want to receive emails or mail from Dorothy Perkins

# HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Thursday) followed by your name, dress size and email address to 83149¹. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 2O September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

### Competition Terms & Conditions

If the dress is not available in your size or sold out, Dorothy Perkins will substitute a voucher of equivalent value. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246



# GLAMOURWEEK

September 28 – October 4

# WIN! Miss Selfridge belted coat

 Ten lucky readers will win this gorgeous coat.

 The competition closes September 20, and winners will be told by the 24th.

• Not a winner? Don't worry, Miss Selfridge is offering 25% off ALL coats on Friday October 2.



Editorial Assistant Rebecca Fearn

> Acrylic and fauxfur-trim coat £89 missselfridge.com; ankle boots Rebecca's own

# HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Friday) followed by your name, coat size and email address to 831491. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

### **Competition Terms & Conditions**

If the coat is not available in your size or sold out, Miss Selfridge will substitute a voucher of equivalent value. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246

off ALL Miss Selfridge coats online and instore on Friday October 2

Name

Email

### Terms & Conditions

1 This voucher entitles you to receive 25% off full-priced Miss Selfridge coats purchased in one transaction at standalone Miss Selfridge stores or online at missselfridge.co.uk 2 Voucher is valid on October 2, 2015 only 3 To redeem this voucher, present this page at the store till point prior to payment or enter the promotional code GLAMOUR25 at the online checkout. Only one voucher or code per transaction and per customer 4 Voucher may not be used against purchases of gift cards, postage and packaging and payment of store cards. Normal refund policy applies, but returned items will be refunded at the discounted price paid. Voucher cannot be used in conjunction with any other offer, promotion or discount and cannot be exchanged for cash 5 Miss Selfridge reserves the right to withdraw this offer at any time. Forged or photocopied vouchers will not be accepted 6 Promoter: Miss Selfridge Retail Limited registered no. 4251393. Registered office: Colegrave House, 70 Berners Street, London W1T 3NL

Store staff, please use promotional till code 31 to process this youcher.

Tick here 🔲 if you want to be added to the Miss Selfridge mailing list



WIN! Gap skinny jeans

• Ten lucky readers will win these great-fitting Women's Resolution True Skinny Jeans.

• The competition closes September 20, and winners will be told by the 24th.

• Not a winner? Don't worry, Gap is offering 25% off these jeans on **Saturday October 3.** 

HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Saturday) followed by your name, jeans size and email address to 831491. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd., participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

**Competition Terms & Conditions** 

If the skinny jeans are not available in the specified size or sold out, Gap will substitute the prize with a gift card of an equivalent value. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate. Customer Services operated by GFM on 0800 13 83 246



"Denim trends come and go, but you'll always find a pair of skinny jeans in my wardrobe, because well-fitting jeans will never date."

> Shopping Editor Lucy Walker

> > Top Lucy's own; cotton jeans £49.95 gap.co.uk; ankle boots Lucy's own ▶

25% off these Gap jeans online and instore on Saturday October 3

Terms & Conditions

25% off offer applies to regular priced Resolution True Skinny women's jeans only at participating Gap stores and concessions in the UK and Ireland only and online at gap.co.uk and gap.eu. Offer valid 0:00 GMT to 23:59 GMT Saturday October 3, 2015 only; subject to stock availability. To redeem offer instore, present page with offer details from GLAMOUR edition 175 or show webpage with offer details from glamourmagazine.co.uk at the till: single use only. To redeem offer online, enter discount code 'GLAMOUR' at checkout. Discount applied at register instore and at checkout online. Gap reserves the right not to apply discount where it suspects fraudulent use. Excludes SALE items and purchases of gift cards. Additional online exclusions: shipping costs. Offer does not apply at Gap Outlet stores and cannot be combined with any other discount or offer. Not valid for cash or cash equivalent. No adjustments on previous purchases. Exchanges for different sizes permitted; discount not applied to exchanges for different merchandise. GPS (Great Britain) Limited t/a Gap (Company number 02275771), Gap Stores (Ireland) Limited (Company number 422253) and Gap Europe Limited (Company number 6279672) c/o Berkeley Square House, London, W1J 6BS @ 2015, Reason code: 416

WIN! VeryExclusive.co.uk **Markus Lupfer** 

prom dress

 Ten lucky readers will win this glamorous Markus Lupfer 'Floral Shine' dress, exclusive to VeryExclusive.co.uk

 The competition closes September 20, and winners will be told by the 24th.

Not a winner? Don't worry, VeryExclusive.co.uk is offering 25% off this dress on Sunday October 4.

"Add just the right accessories. Simple earrings and a statement cuff will set it off perfectly."

Retail Editor Jo Holley

HOW TO ENTER

For your chance to win, simply answer this question: which one-woman play earned GLAMOUR cover star Anne Hathaway rave reviews this year?

Text GLAMOUR followed by your answer and the day of the discount, (eg GLAMOUR 'Answer' Sunday) followed by your name, dress size and email address to 83149†. End your text with NOINFO if you don't wish to be contacted about future offers. Winners will be selected at random after the closing date of midnight Sunday 20 September. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above.

### **Competition Terms & Conditions**

If the dress is not available in your size or sold out, VeryExclusive.co.uk will substitute a voucher of equivalent value. For GLAMOUR Terms & Conditions, see glamour.com

†Texts will be charged at £1 plus your usual rate, Customer Services operated by GFM on 0800 13 83 246

Polyester dress £395 Markus Lupfer at VervExclusive.co.uk: ankle boots Jo's own @

off this Markus Lupfer dress, exclusive to VeryExclusive.co.uk on Sunday October 4

The promotion gives readers 25% off the Markus Lupfer 'Floral Shine' dress. The promotional code, 6MHXF, is valid for 24 hours on October 4, 2015. The promotional code cannot be used in conjunction with any other offer or promotion. The promotional code can only be used once per customer

Photographs. Johanna Nyholm. Styled by Lucy Walker. Fashion Assistant: Daisy Toogood. Hair: Adam Reed at Percy & Reed Make-up: Danielle Kahlani at The Book Agency. Nails by Sophie Harris Greenslade at Emma Davies Agency



Year-round sunshine, palm trees and beautiful beaches – a trip to the City of Angels certainly doesn't disappoint. And with a vibrant food, fashion and art scene – as well as a breathtaking coastline – there's a lot more to LA than just Hollywood. (Although there's always time for a bit of star-spotting, too.)

SLEEP We love the achingly cool Ace Hotel Downtown Los Angeles. Head to the rooftop bar and drink in the view. acehotel.com/losangeles EAT In-N-Out Burger is an LA institution. If it's good enough for Taylor Swift... in-n-out.com HANG OUT Venice Beach is a people-watcher's dream, filled with the bold, beautiful and, frankly, bonkers. Hire bikes and ride down to the iconic Santa Monica Pier. SHOP Pretty Woman may have hit Rodeo Drive, but our tip is Abbot Kinney Boulevard with its stylish boutiques, galleries and cafés.



Need to know

From premium check-in and priority boarding, to 1,800 hours of in-flight entertainment — here's why Air New Zealand's Premium Economy gets our vote:

- The innovative Spaceseat™, with its unique shell design, means that no one can recline into your space. And relax...
- A delicious menu (recently voted Best On-Board Catering\*) is accompanied by premium New Zealand wines. And you can order snacks on demand via your touchscreen.
- Start your holiday pampering in-flight with an Antipodes beauty product in your complimentary amenity kit.
- A generous baggage allowance of two 23kg pieces means that if you do splurge in Beverly Hills, you won't have to wear all your purchases on the flight home!

To start planning your LA adventure, visit www.airnewzealand.co.uk

AIR NEW ZEALAND



For your chance to win flights for you and a friend from London to LA with Air New Zealand, and to experience their award-winning Premium Economy first-hand, simply visit airnewzealand.co.uk/glamour and answer a simple question. Competition closes on October 7, 2015.

For terms and conditions see website (above).

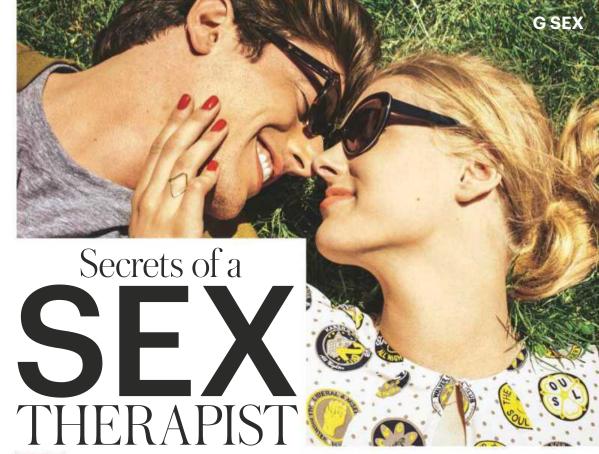


# 12 moments of **Miss** in one beautiful bar

Smooth, melting Lindor in a milk chocolate bar. You choose the moment, we'll provide the bliss.







Penis karaoke (yep, that's a thing), smelling oranges and 🛮 keeping your socks on... Simone Bienne has heard it all

ast week, my client Claire was telling me that her new guy has a curved penis. "Is that normal? It looks like he's hitchhiking! Will deep thrusting rupture my ovaries?" In my secret, closed-door world as a sex therapist, I'm asked everything. Whether it's a woman wondering why she likes being spanked while eating cake (true story), or a guy who can't orgasm, the truth is that how and why we want sex is a big part of who we are. Our sex lives are full of endless potential, yet they can also be a complete mystery. Here's what I know.

> Threesomes: more men than women are saying no Forget the "men always want threesomes" stereotype. In my practice, more men are turning down their partner's requests. Guys tell me they worry about being criticised by both parties if they fail to satisfy. Push it, and you could end the relationship. Safe alternative: a realistic dildo, balls included.

The best sex = messy sex Nuru sex – the adult version of slip and slide ■ – is the new trend to hit Hollywood's sex scene, according to my actor clients in LA. How does it work? Buy Nuru massage gel (on Amazon), cover your bed with a plastic sheet (needed), get wet (mutual shower), and oil up. Your skin is your most potent sex organ and this is about full-body contact. It's also a fun way to try new positions when he slips out, which will happen a lot.

Always use a sex mantra Having a mantra – something you tell yourself before or during sex – is a huge confidence booster. Nicole, who's single, found her sex esteem increased when she switched, "Am I doing that right?" to "Tell me how you want to be touched." Dana, who's married, says, "Orgasms optional," which takes the pressure off climaxing, and Chloe's is a must for everyone: "Let's talk about sex." ▶

Some men think that because balls and sweat are involved, sex is a competitive sport. This means scoring orgasms becomes the focus. But that isn't what good sex is about. The more you steer away from performancerelated sex, the more you'll enjoy it.

Turn up the sound

Female macaques whoop to encourage the male to ejaculate. When they don't, the male doesn't ejaculate 98% of the time. Research shows that exaggerating our moans helps both men and women. If you're self-conscious, practise on your own. Those sounds tell your brain it's horny – you'll be amazed how the body responds.

Let's talk about socks
Fact: wearing socks during sex can make
us orgasm. Women's bodies are colder
than men's, plus socks make us feel cosy,
and being relaxed gets our minds sex-ready.

Tell him to touch you like he would a cat

Bear with... if you play rough with a cat, it thinks you're attacking it – the same goes for our vaginas. I advise men to approach vaginas s-I-o-w-I-y, at half the speed and pressure that they touch themselves. Give yourself time, and show him what you like.

Size does matter

Three out of five women under 30 are telling me this. Pornification has made an XL penis a status symbol, for women. But this is no more acceptable than a man obsessing about the size of your breasts.

Size also doesn't matter
The majority of nerve endings are
on the outer third of our vagina,
and that's where all the fun is. Research
shows that size really doesn't matter.

Sex should be fun
Couples tell me they have sex
because they're horny, to get close
to each other and to feel good about themselves.
But what about fun? Try this game. Say, "It's a
dark and stormy night. Suddenly there's a knock
on the door", then take turns to say the next
silly/sexy line. Or try penis karaoke (they do it in
Japan) where you belt *I'm Every Woman* into his
magic mic. That'll make you both laugh, right?

Smell an orange
Great sex is about feeling sensual,
and indulging our senses switches
them on. Start by smelling an orange (strong in
scent and taste), to get you in the mood. Sounds
bonkers, but arousing your senses before sex
helps you be in the moment – clients swear by it.

12 Men do fake it

Steve blew my mind when he told me he'd faked orgasms for two years. He'd watched too much porn, and when men's brains get used to a diet of porn, 'real' sex can be dull. It's hard to tell if he's faking: some say they remove the condom fast to hide the 'evidence'.

A kiss is not just a kiss
My research shows that eight
out of ten couples who aren't
kissing regularly aren't having regular sex
either. It's often down to not liking how the
other kisses. My advice? Kiss him for ten
seconds how you like to be kissed; ask him
to do the same to you, then mix styles
until you've found your happy medium.

Men are more insecure about sex than women
When women are insecure about sex, they're aware of it. But men are less in tune. Sex can stand in for what they're afraid to see in themselves: their need to feel special and wanted. So compliment him, initiate and show you care – it will lead to better sex.

without knowing it
Researchers at Queen's University,
Ontario, measured women's genital blood flow as
they watched porn and found they got aroused
even though they weren't aware of it. They also
found that women get hot watching apes have sex.
Our sexuality really is more complex than men's
and it takes time to learn what turns you on.

We get turned on by porn

Go back to the start

When we started learning about sex, we rushed to the finish line. Now you can 'do it', advance your sexual self by focusing on the sensations you feel during sex. Try not to think about intercourse and orgasms. Being good in bed means discovering how, where and when we like to be touched. Do this once a week for 15 minutes. Couples say it's a game-changer – they love how connected it makes them feel.

Women can orgasm without touch
The female mind is so sexually powerful, I know women who can climax simply by thinking. Suzi mastered the hands-free orgasm by breathing deeply and slowly for 20 minutes and fantasising about sex with Ryan Gosling. Worth a try! ©

Simone Bienne is a journalist, relationship therapist and TV and radio host



**WIN TICKETS TO SEE THE MARTIAN** 

Join us at one of 20 screenings of *The Martian* on September 28. Tickets are limited and available on a first come, first served basis. To download tickets, simply go to showfilmfirst.com and enter this code: 839711

Terms and conditions: Tickets are subject to availability and will be allocated on a first come, first served basis via showfilmfirst.com. Each reader may claim up to two tickets. Readers who successfully book tickets must present this page with the ticket and have ID available if required. NO photocopies of the page will be accepted. The tickets are not for resale. No cash alternative. No late admittance. The cinema reserves the right to refuse admission. In the event of a dispute, the cinema manager's decision is final. For full terms and conditions, visit showfilmfirst.com



# Now you can

have sensitive tooth care and whiter teeth.\*



Sensodyne True White cares for sensitive teeth and is 10x less abrasive than many everyday whitening toothpastes.

"with twice daily brushing



# "Women aren't out to bring each other down"

Alesha Dixon isn't just one of the most successful women on TV – she's also one of the nicest. The *BGT* judge tells **Celia Walden** about dad-bods, meeting Oprah – and Amanda Holden's potty mouth

he decade since Mis-Teeg disbanded has been a busy one for Alesha Dixon. She has launched a fragrance and a solo career, as well as bagging a TV judging spot and having a baby. With a new album out in September, the 36 year old has no plans to stop there. Over ludicrously kitsch cocktails, she sets out her plans for global domination. AD [Sinking down onto her chair] Phew. I don't know if I'm coming or going at the moment. CW I'm surprised you're still standing - what with zero downtime between Britain's Got *Talent*, the new single – and now the album. AD I'm not going to lie: juggling work, motherhood and life isn't easy. But we women are all in the same boat, right? CW Do you ever suffer working mum's guilt? AD [Whispering] Don't judge me, but never. I mean, not at all! I miss Azura [Alesha's 18-month-old daughter with boyfriend Azuka], and I can't wait to see her, but I'm happy to be going to work, and I want her to see me providing for her by doing something I love. **CW** I think you're the only woman I've ever interviewed who has admitted to not feeling guilty - although I know a lot who privately feel the same.

**AD** I think one of the biggest mistakes women are making is saying they feel guilty all the time – even if they don't. Because they make other women feel like they *should* be feeling guilty... **CW** [Laughing] So true. Is it a relief not to have to deal with Simon Cowell on a daily

AD [With a chuckle] Actually. I really like

simon's company. True, we mainly talk music... if you want to have a personal conversation with him, it's wise to keep it about Diddly and Squiddly [Simon's pet pooches].

CW And with Amanda you're probably on safe ground if you just keep things pretty scatological. That girl is filth.

AD [Nodding yelemently] Amanda

**AD** [Nodding vehemently] Amanda has no filter whatsoever. I love that about her.

**CW** What's funny is that she looks so dainty... then she comes out with ▶

# WHERE?

The Corinthia Hotel, Whitehall Place, London SW1A

basis any more?

# The dressed

CELIA ATE
Baked cod
with cauliflower
mash

# **LUNCH DATE**

■ the kind of stuff that would make a middle-American trucker blush.

**AD** She's always telling me she's not posh. Then she comes out with things and I'll say, "Yeah, you're right: you're not."

**CW** Simon must have been so irritated that you got on well.

AD [Laughing] He did often say: "Can you two stop getting on so well?" But I think deep down he liked it. With *The X Factor*, the female judges going up against each other became a bit of a theme, but *BGT* is a warmer show – and it shouldn't be about that anyway. Like Amanda always says, we want to set an example to other women and to our daughters that women aren't out to bring each other down.

CW That said, a bit of healthy fashion competition is never a bad thing...

AD Oh, it's a very good thing! Amanda is way

**AD** Oh, it's a very good thing! Amanda is way more organised than I am in that area. She'll have every outfit planned weeks in advance. And we're very different. I know she looks at things I'm wearing and thinks: 'I'd never wear

# "A bit of healthy fashion competition is a good thing"

that.' Amanda is very chic and classic, and I'm a bit more leftfield and risky.

CW Who do you take your fashion cues from?

AD Probably Rihanna, as she's such a Marmite dresser. I really admire the fact she doesn't care.

CW She was surprisingly covered up for the Met Gala – while everyone else was basically naked.

AD But I thought Beyoncé looked to die for!

CW Because she was basically naked – and has a body to die for... how do you feel about your body now that you're a mum?

AD [Munching pensively on crab] I'm definitely more accepting. Although, if I'm being honest, I don't think even as a teenager I put a lot of emphasis on my body. Obviously, everyone has those days where they pick at themselves... [Remembering something, she starts cackling] I read some comments about myself online yesterday, and about three people said: "Oh, she's blatantly had work done." My partner and I were just laughing. Even if you haven't had anything done, people will always say you have.



CW Probably a compliment – in a twisted way?

AD [Shrugs] Everyone's entitled to do what
they choose with their own body. It's not for
others to judge. My mother – who is in her
late fifties – has had a few little things done,
and I never expected that from her, because
she's quite spiritual and earthy, but she feels
so much better about herself because of it, so
she's helped change my perception of all that,
too. Because you just don't know how you're
going to feel in ten years, do you?

 $\boldsymbol{CW}$  Do you worry about Azura growing up in an

increasingly looks-obsessed world? **AD** [Grins] Well, she's really lucky, because she's got me. And I'm going to try and keep her focus on things that really matter and have substance. Friends will come over

and talk about their bodies in a negative way sometimes, and once Azura is of an age where she's really taking that in, I'll be pulling them up on that. From the physical point of view, it's really important for her to understand it's OK to not be perfect. So many people waste time trying to achieve perfection...

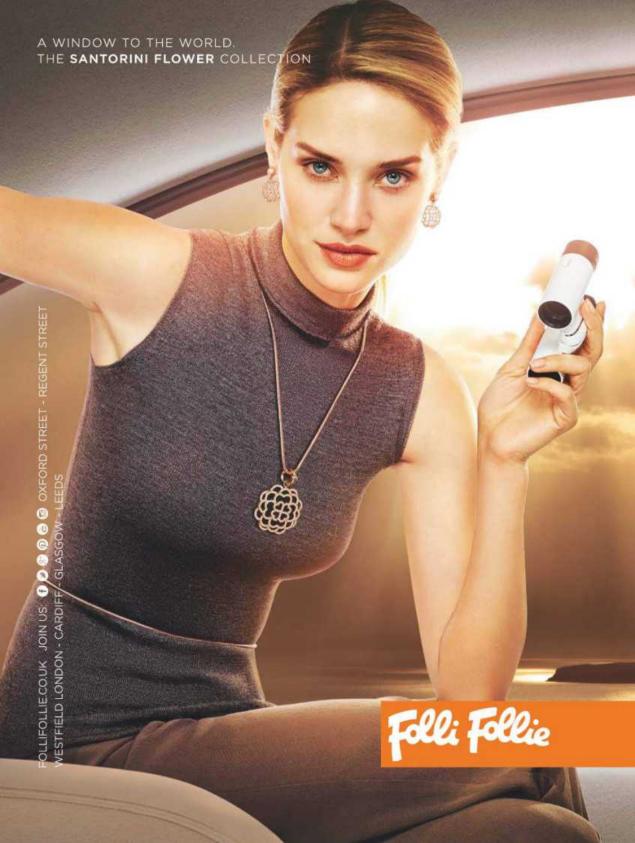
CW I think a lot of women feel that celebs

**CW** I think a lot of women feel that celebs make it look so effortless.

**AD** Well, that's because part of the job is having a glam squad there to make you look presentable all the time [she grins over at hers – ready to pounce with their lipglosses and hairbrushes]. I'd love to invite people over to mine so they can see what I look like behind closed doors.

**CW** Talk me through the most hideous Sloth Outfit you own.

**AD** I wear my boyfriend's pyjamas a lot, which he's not crazy about... the other day, I was going through some old clothes and I found all these lovely little nighties. I offered them to ▶





■ my mum and she said, "Actually, those days are gone." I said, "Yeah – for me, too."
CW Is your man allowed to be a slob?
Have a dad-bod?

**AD** [Horrified] What on Earth is a dad-bod? **CW** Basically, a paunch...

**Our photographer** [Shouting from a distance] And man-boobs!

**AD** [Wrinkling her perfect nose] Not. For. Me. Sorry, but it's one rule for me and another for the boyfriend. Plus, I've got an excuse, because I had a baby. But honestly, I've always

## "I'm usually the one pointing out attractive women to my man"

found myself attracted to people who take care of themselves. My partner has got beautiful abs, and I like that he cares about his body. **CW** When you're out with him, is he allowed to look at other women?

**AD** Oh, totally. In fact, I'm usually the one pointing them out. I'll say, "Look at her – she's banging!" – and he'll either agree or not. But I do think he's entitled to admire other women. It doesn't mean men are going to go and sleep with a girl just because they've noticed them. **CW** Quite. How does he react when you get wolf-whistled at?

**AD** It never happens when I'm with him. Actually, I couldn't tell you when I was last whistled at full stop. I feel like when people see me they just think: 'Oh, there's that girl off the telly.' Not that I care... **CW** What do you love/hate to be called? **AD** 'Love' is sweet, 'sweetheart' is quite endearing, 'babe' from a stranger is just plain odd – and I hate the word 'bird'. Absolutely hate it. It's so rude. **CW** If you were going to give your boyfriend a hall pass, who would it be? **AD** Halle Berry – what a classy, lovely woman. CW And who would you ask to be allowed to 'enjoy' – just for one night? **AD** [Without taking a breath] Brad Pitt in his Legends Of The Fall days.

CW That's frighteningly specific.

AD [Hollering with laughter] I know!

CW You once said that the dream would be having your own talk show. I could see you as the British Oprah...

AD [Lighting up] I actually met her last year. It was very brief, but it made my year, because she's my idol. And I love the idea of having a platform for talking about different social issues and forces for good. I just wonder how well something like that would be received in the UK. They have such an optimistic attitude in America. Why are we so pessimistic here?

CW Because we get about seven seconds of sunshine a year?

**AD** I think that's it. Our weather is the root of it all. We're cynical, we're very negative, and we've got a real 'that's not quite possible' attitude. So when you go to America, it's really infectious and inspiring to hear people saying, 'yes, we can'. Everything is so reachable and obtainable, and I love that. My mindset has always been that drive and positivity will get you where you want to be, so as barking mad as a talk show might sound, there's that part of me that believes it might happen. **CW** How do you feel about approaching 40?

AD [With the widest smile] Oprah's philosophy about turning 60 was: "Think about all the people in the world who never even got to 60." My thirties have been by far my favourite decade – and I can only imagine that the next one will be even better.

Alesha's new album, Do It For Love, is out on October 9

### WHAT'S YOUR "OOOOPS!" MOMENT

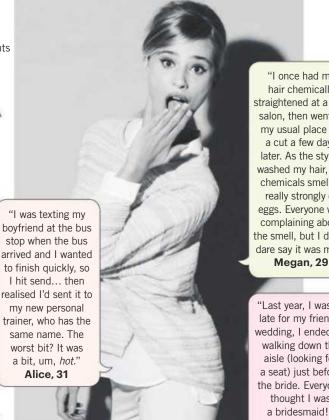
They happen to all of us – so stay cool and confident with lights by TENA

napping a heel, lipstick on your teeth. the odd Facebook faux-pas... those "Oooops" moments are all part of everyday life, as GLAMOUR readers know.

"I spilled coffee down my white shirt - just before an important meeting. I looked a state - but my boss said how impressed she'd been by how I kept my cool. Phew!" Alison, 25

"I was running on the treadmill at the gym when I suddenly realised I'd had a little leak. But I was wearing my lights by TENA, so I just carried on with my workout - and my day!"

Tanya, 38



"I once had my hair chemically straightened at a new salon, then went to my usual place for a cut a few days later. As the stylist washed my hair, the chemicals smelled really strongly of eggs. Evervone was complaining about the smell, but I didn't dare say it was me!"

"Last year, I was so late for my friend's wedding, I ended up walking down the aisle (looking for a seat) just before the bride. Everyone thought I was a bridesmaid!" Angela, 28

"On the train. I once tripped over my long skirt and stumbled into a man's lap. I was so flustered. I said that I'd fainted. He knew it wasn't true, but we both pretended that it was for the entire half-hour journey. Awks!" Georgie, 36

"Running late for a job interview. I tried to save time by changing from flats to heels in the office lift. Suddenly the doors opened and there was my interviewer waiting for me. while I squatted on the floor with no shoes on. I still got the job, though!" Lizzie, 33

#### ONE LITTLE SURPRISE THAT WON'T STOP US!

Another part of everyday life that's more common than you think? Unexpected little leaks. One in two women in the UK experience light bladder weakness - during and after pregnancy, or triggered by laughing, exercising or coughing and sneezing. That's

why lights by TENA has created new lights Ultra Towels. They're purpose-made for light bladder weakness and look and feel like regular sanitary protection - so they're perfect if you want that extra discreet security from embarrassing little leaks. lights by TENA Ultra Towels absorb

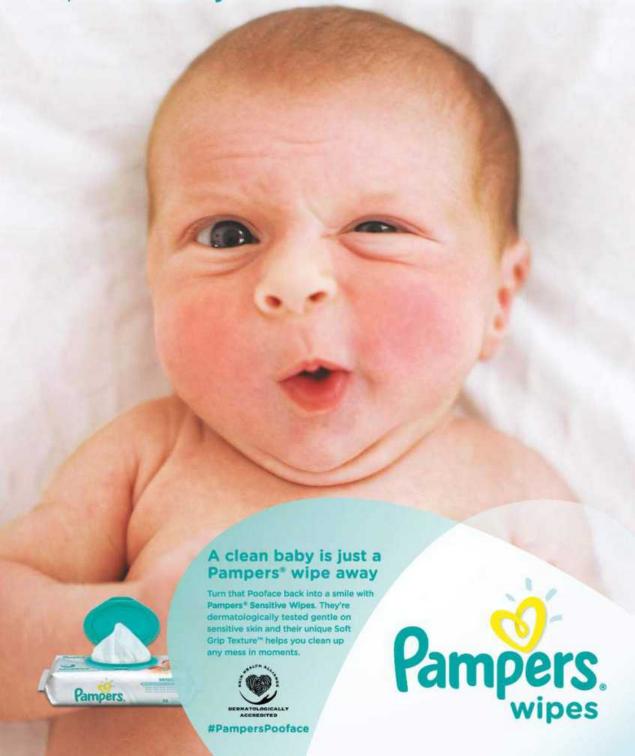
twice as fast as ordinary towels. and the FeelFresh Technology™ locks in moisture and controls odour - so you feel fresher and drier for longer\*. So that's one less "Ooops!" moment to worry about - and you can live your life with confidence (snapped heels and all!).





For more information and free samples, see www.lightsbvTENA.co.uk

## Don't fear the mess!





# When parents go digital (#WTF?

Awks status updates and texting like it's 1999. **Lucy Sweet** reveals the ultimate fails

our parents are amazing in real life. For years they've fed you, nurtured you, passed on their wisdom, and the Bank of Mum and Dad has always had the lowest interest rates in town. So how come they can't text for toffee and accidentally tag you in their choir pictures on Facebook?

Of course, not all parents are clueless cyber-dodderers. "My dad is addicted to Apple products and has two blogs," says Dilly, 34, from Gloucestershire. "He's going to China soon and is taking an iPad, an iPhone 6, a Kindle and a Raspberry Pi. He puts me to shame."

But a few of us find that our folks are still suffering from a case of digital-itis. And when parents are 'on the line', no one is safe – least of all their children...

#### They'll probably break the internet

Whether they're deleting all their files or working on an email fail, your folks definitely need to call IT...

"My dad once fiddled with the display settings on his PC. When I went to visit, his monitor was upside down. He said: 'Well, I couldn't work out what was wrong, so this seemed easier." Sam. 32, Hampshire

"My dad won't let my mum send emails any more, because she just gets frustrated and presses all the buttons. She also thinks you've got to press 'shift' and the letter at exactly the same time to get a capital. You can see her fingers gearing up."

Kate. 26. London

"In recent years, my mum's got a lot better. A few years ago she used to forward emails by printing them out and putting them in the post." Jane, 32, Oldham

"The other day, my dad said: 'Oh, I don't need an internet', like it was a Teasmade or ▶

#### **G CRINGE**

■ something. He's also quite overwhelmed by solitaire."

Lucy, 35, Kingston Upon Thames

"My mum uses the voice feature to text, so her texts go on with no punctuation and all sorts of misspellings. They look like the ramblings of a lunatic. Once she texted me about an electrical adapter and it came out as 'a 9 v 500 mAmp or a 12 V1000 mayonnaise.'" Kristina, 31, New York

"My dad has his house name as his email address, and puts his postal address at the top of his emails. And the date. He basically writes a formal letter, sent from dadathousename@ emailprovider.com."

Martha, 24, London

#### Subject line: confused.com

The internet is a huge and often scary place, where people called Gangnam Bariummeal send you spam emails asking you to pick up a million dollars from Harare airport. No wonder parents get a bit flustered...

"My dad writes a disclaimer at the top of every email he sends, in large font, saying: 'Communication on this system is NOT secure.' Like he's in the CIA."

Catherine, 29, Newcastle Upon Tyne

"I got an email the other day signed 'from Mam'. But at the end she also put 'Sent from M'. Copying 'Sent from iPhone'? I can't decide whether it was a joke, or if she really thinks you have to put that." Karen, 33, Glasgow

"My dad said: 'I've left my Blueberry at work, so call the house phone.' He also told me his laptop had cancer. I think he meant a virus." Pippa, 26, London

"Mum used to put 'lol' at the end of all texts, thinking it meant 'lots of love.' Also, my nan would use as few letters as possible, making them impossible to fathom – the Bletchley Park code crackers would have struggled. She thought the network charged per letter." Danielle, 26, Bridgend

#### Embarrassing FB faux pas

Remember the time your mum wiped your face in front of your boyfriend? These are even worse...

"My mum tried to find her friend Claire on Facebook, and ended up creating an event called 'Claire'." Rachel, 26, Toulouse

"I went on a weekend break, and my mum was looking after my kids. While I was away, she started commenting on all my photos – logged in as me on my laptop, saying how beautiful I was. It looked like I was talking about myself." Emma, 30, Doncaster

"I wish she'd stop tagging me in pictures of her cats. It makes me look like a crazy cat lady by association." *Jenni, 25, Glasgow* 

"She comments on everything about me. It drives me mad – it's like GCHQ tracking me. She also likes her own posts." *Jenny, 30, Hitchin* 

"My mum just joined Facebook and it's awful. She keeps sharing links to videos about puppies and her comments are always in ALL CAPS." Leona, 29, Glasgow

"On Facebook, my mother-in-law writes the name of the person she wants to talk to, then the message in her own status update. For example: 'Sheila, I still haven't got that casserole dish back.' It's like watching an existential crisis." *Eleanor, 32, Berwick* 

#### I'm a silver surfer, dude

Just because they're still trying to navigate the social media thing, doesn't mean your folks can't dig that groovy online scene...

"My mum fancies herself as an online social warrior. So she blasts Apple and Starbucks in earnest status updates, then I can see when she checks in at the Starbucks down the road on her iPhone." *Anna, 33, Southampton* 

"When my mum texts, she uses text speak. I don't understand text speak. Is it GR8? No, it's a pain in the Rs."

Kirsty, 33, Glasgow ▶



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#### **G CRINGE**



"My dad once asked a waitress whether Free Wifi was a cocktail." Stuart, 34, Glasgow

#### "My mum used to think Facebook was called 'Face Facts.' Seriously."

Marie, 29, East Kilbride

"My mum once wrote in a Christmas card that she was glad my cousin and I kept in touch 'on the eBay'." Vic, 32, Los Angeles

"Until recently, my dad didn't know how to do a space in a text message so he would separate each word with a full stop. Like. A. Telegram." Polly, 33, Copenhagen

"My dad can't figure out predictive text, so now our family calls meringues 'mesminguus." Holly, 30, London

"This is a genuine text I got from my mum. She was watching a film on Sky. 'DEE HOW DO U GET RID OF THE BLUE BIT AT THE BOTTOM SAYING THE NAME OF THE FILM.' Honestly, I give up." Dee, 28, Dover

#### Communication breakdown

Sometimes parents say it best when they say nothing at all...

"I can't believe some of my mum's texts. They're golden. Like this one: 'Happy New Year. Sitting on my own. Dad went to bed. Nothing on telly. All well thank God. No news.' It's like she's sitting in the room next to me." Carol, 35, Belfast

"The extent of my dad's tech skills is to send me blank text speech bubbles, over and over again. It's like communicating with a fish." Eve. 34. Edinburgh

"My father-in-law once explained that the internet was broken but his email worked. He argued that email was not the internet, because he 'pressed a different button to open his email'." Claire, 32, Glasgow



#### OMG, TMI

Some stuff isn't for sharing

"I got a text from my mum asking me to buy 'foam for my arse.' It turned out she wanted a cushion." Donna, 29, Bristol

"I got this from my mum: 'I av no idea wot to wear as long as I av clean nickers to throw on stage thatII do.' We're going to see Tom Jones. HELP ME." Katie, 24, Leeds

#### There ARE exceptions to the rule...

For all the parents who think the @ symbol is a smiley face, there are others who wipe the floor with their cyberdummy children.

"My mum is much more internet-savvy than I am. She runs an online business and is always telling me how to word emails correctly." *Kirstv. 29. Perth* 

"My parents are totally tech savvy. They've got this computer room with PCs and old monitors. My dad's always answering dodgy ads in the paper that say: 'I'll fix your computer for £50 – call Frank.' Actually, it's a death trap, but they think it's the height of sophistication." Alison, 29, Lancashire



## How to teach your mum about computers, Amy Schumer-style

Amy What's the issue, Mum?

Mum I just wanted to email that cute
picture of you and your sister to your Uncle
Pat, but the photos just disappear.

Amy OK, well, let's just turn on your computer.

Mum Isn't it on already?

Amy Why do you have all these photos of the TV?

**Mum** Oh, I wanted to show you the hangers that I just ordered.

**Amy** Now, here's the picture you wanted, just drag it to your desktop?

**Mum** Mmm... it's like a shadow of... is that OK?

Amy Yeah, yeah, just hold it down and drag it.

Mum Hold the left down?

**Amy** Yeah, and then just anywhere on the desktop.

**Mum** Desktop meaning the whole screen? **Amv** Anywhere on the screen.

Mum Hold the left... roll... right... it's

holding, it's holding. Desktop.

 $\label{eq:matter} \textbf{Amy} \text{ There you go. OK, open your browser.}$ 

Mum You mean my AOL?

Amy Let's just attach the photo.

**Mum** To the computer?

Amy No, to the email.

Mum Well, I didn't bring a cord.

Amy Mum, there's no possible logical reason that you would need a cord for this. Just let me do it, alright? Here, I did it, it's done, you can send it now.

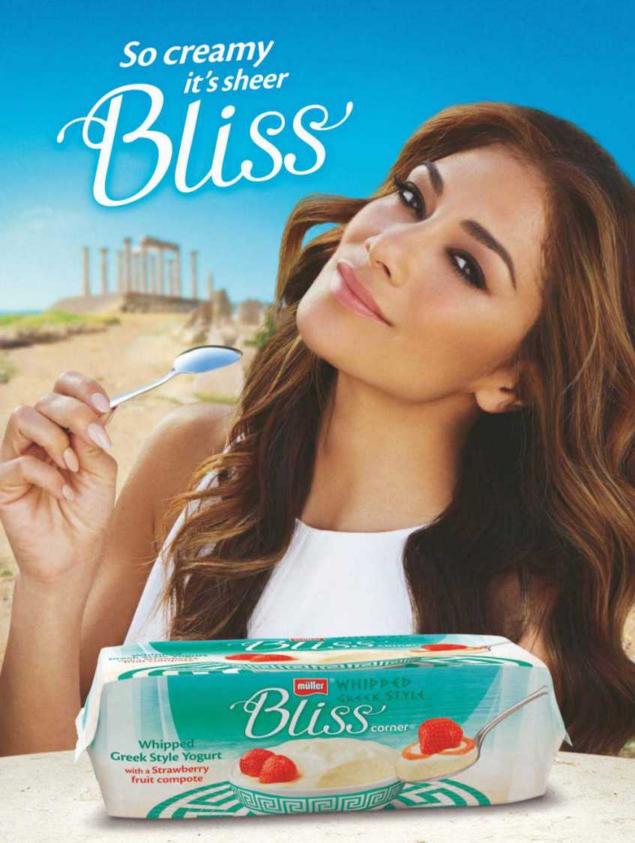
Mum I click send?

Amy YES.

Mum Well, OK! I figured it out!

Watch the sketch in full thanks to Comedy Central on YouTube: *Inside Amy Schumer – Mom Computer Therapy* **©** 







## "A letter to my daughters, who love sport"

Boys can run faster and kick further. Just two excuses for the belittlement of women's sport. Fed up with this, father – and renowned sports writer – **Oliver Holt** explains why women don't need to justify themselves

#### Dear Alice and Edie,

Sorry if this is a bit embarrassing, but I wanted to let you both know I found myself talking about you when I was doing an interview with a footballer today. It wasn't just any footballer, either. It was an England player.

Actually, it was Laura Bassett. She said she still feels she let the country down by scoring the last-minute own goal that knocked England out of the Women's World Cup in the semi-finals this summer. That was when I mentioned you.

I told her about you, Alice. I told her how much you love watersports and that a few days after that England defeat, I'd taken you to Bern in Switzerland for a post-GCSEs treat, so you could fulfil an ambition by jumping off a bridge into the River Aare.

I told her you're 16, and I'd watched you go onto that bridge, and how it was mainly teenage boys climbing over the railings and then dropping 15ft into the river below. Mainly teenage boys. And you.

And I told her about you, Edie. I told her you're 13, and that I'd just seen you rowing in your first

regatta on the Avon at Evesham. It was your first competitive race and you were competing on your own. You had to show a lot of courage. You didn't win your heat, but that was irrelevant. I was so proud of you for putting yourself on the line.

Don't worry. I didn't bang on about it. But I wanted to let Laura know that the example she and her teammates set in Canada for you and your generation of girls was overwhelmingly more important than that own goal.

I've dragged you to plenty of Stockport County matches. I even paid for you to be mascots at one home game when you were younger. And I took you both to Wimbledon this year, but most of what we've watched together has been dominated by men. This was different. This was a women's team that was capturing your imagination.

You both love sport. You both row. You both play hockey and netball. You both swum competitively for a while at a great club in Swiss Cottage. You kick a football around in the ▶

#### **G SPORT**

■ garden with me and your little brother, who cries if you beat him.

You've had your share
of disappointments, like
all sportsmen and women
do. But you've always
kept trying, you've
revelled in the camaraderie that sport
brings, and I've had some golden
days out watching you both compete.

Maybe that's why what Laura Bassett and the rest of the England team achieved in Canada felt so important to me, too. Their run to the semi-finals felt like a great leap forward for women's sport in this country. And so it felt like a great leap forward for you.

It was a kick up the backside for the Neanderthals and the dinosaurs who pour scorn on women's sport. And it was an affirmation for both of you that women's sport does not need to use men's sport as some

sort of measuring stick.

Women's sport can stand
or fall on its own merits.

That's how we've always treated it. The idea that I should ever have said to either of you, "Don't play football because the boys can kick it further," "Don't play tennis because the boys can hit it harder," "Don't run the 100m because the boys can run it faster," or, "Don't row down the river because the boys will row quicker," is as stupid as it is offensive.

I don't think it's ever even

crossed our minds, has it? That's what really makes me angry, actually, when I think about it. It's

the arrogant, misogynistic idea that women's sport can only be legitimised by comparing it with what men can do.

You row against other female rowers from other clubs. You play netball against other teams from other schools. And guess what? That's enough. That's all the competition we need. Boys don't need girls to make their sport better

Edie (left) and Alice as mascots for a Stockport County game at Edgeley Park in 2007

and – I know this is shocking and positively seditious – girls don't need boys in their sport, either. It's great just the way it is. I'm biased, of course,

but you're both strong, independent girls, and I think sport, and the friendships you've developed through it, are a part of the reason for that.

I'm always nervous of the idea that sports stars should be role models for kids, but I'm pleased that the England women's team has

shown you what can be achieved through skill, spirit, planning and determination.

Sure, there are a few who may try to tell you that it is somehow unfeminine to play sport, but people tend to laugh at those kinds of comments now. Groups

like Women In Sport are making sure

women have a strong voice, too, and the sporting environment is much the better for it.

"Women's sport

can stand

or fall on its

own merits"

Sisters doing it for
themselves. That's what
you two are doing. You're
competing on your own
terms. It doesn't occur
to you that you need
the approval of men
to pursue your sporting
goals. It doesn't occur to
you that you should be measured

against them when you run or row or swim.

I'm grateful for that because, you know

what, why should it?

Love you both.

Dad x

Oliver Holt is an award-winning sports journalist

asured o or row or swim. cause, you know

From left Oliver, Edie, 13, and Alice, 16, at home

> ns: Getty Images. xelate

JOIN OUR CAMPAIGN GLAMOUR'S Say No To Sexism In Sport campaign aims to raise the profile of women's sport. Follow us at @GlamourMagSport and tell us what you think #GlamourSport @



















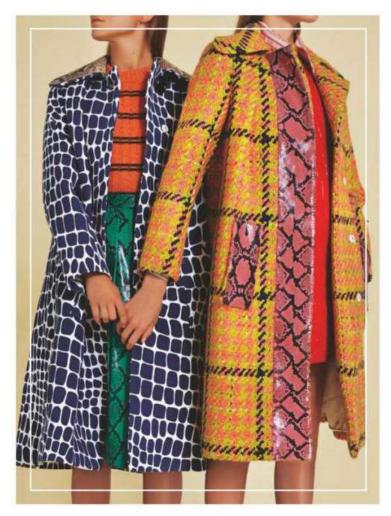




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## CHECK IT OUT

TARTANS, PLAIDS... WHATEVER YOU CALL THEM, WE CAN'T GET ENOUGH THIS SEASON



#### TARTAN TIMELINE



ANARCHY IN THE UK
1976 Vivienne Westwood's
tartan designs become
synonymous with the
punk scene. It remains
an integral part of her
brand's DNA to this day.

SMELLS LIKE TEEN SPIRIT 1991 Kurt Cobain's plaid shirt is the epitome of grunge, inspiring a '90s revival in 2012.



## SAVAGE BEAUTY 1995 Alexander McQueen's controversially titled Highland Rape collection puts Scottish tartan on the catwalk.



AS IF 1995 Cher Horowitz certainly wasn't Clueless when it came to her fashion sense. Remember the hours we spent trying to replicate this yellow tartan ensemble?

#### AIRING YOUR DIRTY LAUNDRY 2013 Phoebe Philo's tongue-incheck approach to prints sees the world go crazy for her laundry-baginspired collection.





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# Natalie HarAley wears ... TROUSERS

Refresh your look with this season's key shapes



The crop

Want to even out your proportions? Go for the crop. Bonus: they're great for showing off a statement shoe.

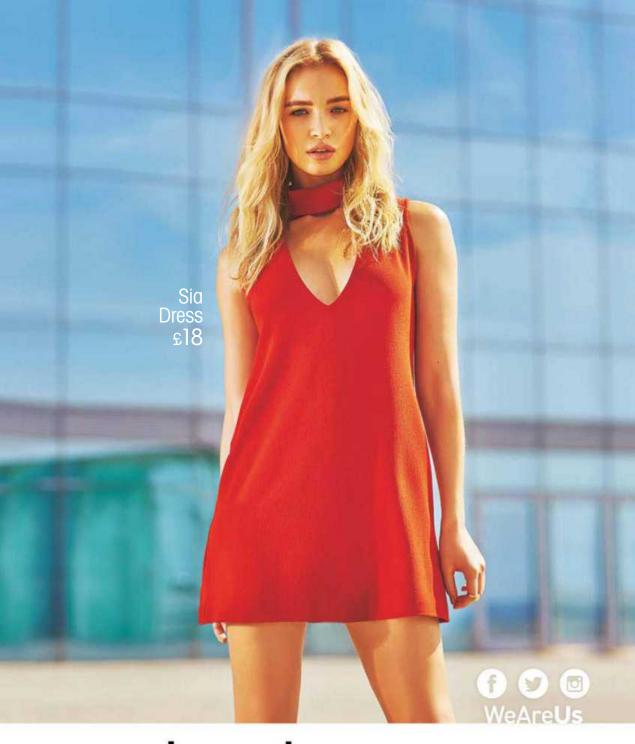
Cashmere sweater £499 dorotheeschumacher.com; cotton T-shirt from a selection intimissimi.com: wool trousers price on request osmanstudio.com; leather heels price on request maisonmargiela.com

huge news again, and this style works for a narrow body shape. PS. always wear a heel - '80s power dressing is back.

Cotton-mix iacket £79.99 mango.com; polyamide blouse £35 riverisland.com; cotton-mix trousers £39.99 mango.com; suede boots £40 next.co.uk

> Wide leg Wear these long, and loose around the hips. They're great for adding height, as they elongate the body.

Nylon-mix blazer £239 Marciano by Guess; silk and satin blouse with flower detail £565 Gucci; polyamide trousers £209 and patent leather boots £389 both sandro-paris.com





# 4 TRICKY TRENDS (You can totally wear)

IT'S ALL IN THE STYLING, SAYS CHARLOTTE LEWIS

PVC boots £160 kurtgeiger.

com



How to add high shine to your wardrobe without looking like a dominatrix? Just avoid a top-to-toe look. Instead, take your cue from Dior and accessorise a classic shift dress with high-shine boots for an evening look with just the right amount of punk edge.

Patent leather boots £109.99 vagabond.com

Cashmere jumper £265 and-daughter.com

PVC skirt £360 2ndday.com

to avoid this

season's punk
aesthetic altogether but still covet PVC,
opt for fluid shapes and steer clear of
black. Team an A-line skirt in chocolate or
berry with a cashmere sweater and loafers
for an easy daytime look. (Promise.)

HEAD-TO-TOE WINTER PALES

While we've dabbled in pastels the past few winters, this season makes a stronger statement with soft shades worn head to toe (yes, that means shoes, too). Keep things chic by choosing dusty, muted tones over sweeter sorbet shades, and avoid fuss with classic cuts and simple silhouettes. Try a slip dress with an oversized coat for an effortlessly sexy look.

Wool coat from a selection acnestudios.com Cashmere sweater £210 Filippa K

> Crêpe kilt £465 Le Kilt

Leather ankle boots

£79 topshop.com
Pastel-shy? Pick creams and

oatmeals, and mix and match shades. Show a little leg to break it up. See? Not so scary.

GLAMOUR 175



A bit dark, a bit melancholy and very gorgeous, Victoriana appeared on runways at the likes of Alexander McQueen, Givenchy and Simone Rocha. How to avoid looking like an extra from *The Craft?* Sex it up. Pair a high-collared white shirt with sharp tailoring and finish off with a killer heel. A gothic take on YSL's classic "Le Smoking".

Cotton blouse £115 Essentiel Antwerp



Velvet blazer £65 oasis-stores.com

Velvet trousers £275 mihjeans.com

MASCULINE SHAPES A

Although androgyny in fashion isn't a new idea, gender lines were seriously blurred at the A/W15 shows (we like to see this — more choice for us) and the two-piece suit was celebrated by hordes of designers.

The best styling advice for a masculine silhouette?

Break it up. Take cues from Alessandro Michele's Gucci and feminise tailored trousers with a silky blouse in a punchy palette.



Leather loafers £485 Newbark



Leather and satin boots £159 Senso **G** 

If a dress is more your vibe, lace

is a must. Follow Altuzarra's lead

and opt for ghostly, light fabrics.



# HOT NEW BUYS

OUR LATEST MUST-HAVES — WHATEVER YOUR BUDGET







Faux-fur coat £35 Primark; patent PU shoes £22.99 newlook.com; wool jumper £46 topshop.com







 $\textbf{Leather skirt} \, \pounds 85 \, \text{warehouse.co.uk;} \, \textbf{gold-plated chain} \, \pounds 45 \, \text{and charm} \, \pounds 30 \, \text{both Endless} \\ \text{at beaverbrooks.co.uk;} \, \textbf{PU boots} \, \pounds 65 \, \text{asos.com}$ 

UNDER £300









## **BEAUTY STARTS HERE**

Gorgeous, radiant skin starts here – with a little help from Derma One



lowing, healthy skin is the key to any beauty look, and it starts from the inside our daily diet, fitness and lifestyle choices can do more for our complexion than any filter! So that skin you've always dreamed of? Here's how to make it happen...

> Eat smart: To nourish skin from within, think: your five a day (for antioxidants), essential fatty acids in avocados, fish and nuts (to keep skin supple) and lots of water.

Get moving: Exercise gives an instant glow - and helps keep skin radiant by boosting circulation. Now there's an incentive!

Inner beauty: Derma One\* by Imedeen helps keep your skin radiant and also helps to improve moisture balance. Take two tablets a day for softer, smoother, more supple skin – in just 90 days.

TLC: Sleep and relaxation are vital for bright, healthy-looking skin. Take time out each day for "me time" - and why not try meditation?

Make-up magic: For a superspeedy radiance fix, add a pop of blusher to the apples of your cheeks.

#### Win a year's supply of Derma One

That's right, you could get 365 days' worth of radiance! For your chance to win one of five sets, simply visit glamourmagazine.co.uk/promotions/ imedeen - go on, your skin will thank you!



to measure the levels of collagen and elastin in your skin. Have a scan before taking Derma One, then repeat 90 days later to see the effect.

For info. see imedeen.co.uk/

dermascan-calendar

TREATMENT A hot stone massage will help you relax and vour skin will love you for it!

IMEDEEN



GLAMOUR IN INVES

Our guide to this month's must-haves

## HAIR HERO

We have three words to make even the driest hair feel restored: Cleansing Oil Shampoo. This wonder product from Shu Uemura, £32, promises to leave overworked or processed hair rejuvenated and cleansed, while maintaining moisture and oil balance. Shower essential, shuuemuraartofhair.com



This month
sees the launch of
Coach Women's
Accessories in Selfridges
- plus ready-to-wear pop-ups
in London Fashion Week. We'll
be there purring over this
leather cross-body bag.
£175 selfridges.com ▶



## GLAMOUR LOVES



**JEWELS** LIKE JAGGER

Jewellerv doesn't get much prettier - or more romantic - than this (hinting? Us?). Inspired by famous bridges from around the world, the Thomas Sabo Love Bridge collection - as modelled by Georgia May Jagger - is our latest crush. The bracelets come in a range of metals - we love the gold and silver (both £105) and rose-gold (£159). And the best bit? You can get it engraved for free at Thomas Sabo stores.

## Hot Ricks

Snap up a piece (or three... hey, we're not judging) from the new River Island collaboration with cool London designer Zoe Jordan. The Zoe Jordan x River Island Design Forum will launch via a short film at London Fashion Week at the British Fashion Council's FASHION FILM event, Our top want? This chunky knit, £65 riverisland.com

STYLE MUSE

Who better to show off Karen Millen's new-season collection than musician and model Jamie Bochert? With an emphasis on androgynous shapes, retro styles and cool autumnal hues, we want it all - starting with everything Jamie's rocking here: coat £275, jumper £90, culottes £90 and belt £45. karenmillen.com



## SHINY **FVFR AFTFR**

Luscious hair isn't just the stuff of fairy tales - this magic potion (aka Illuminoil, £29) from Jo Hansford will bring gorgeous gloss to all hair types, without weight or grease. It even doubles up as a masque for a serious rescue remedy (take that, Rapunzel!). iohansford.com ▶



J.W.ANDERSON

LW. ANDERSON

Diet Cok

exclusively available at

HARVEY NICHŌLS

#DietCokeJWA

## GLAMOUR LOVES

Shop Smov4

Ditch wardrobe stress with the new speedy next-day delivery service from Next. Order by midnight (midnight!) on next.co.uk or via the Next Directory and for a standard charge of £3.99 you'll get key pieces, like this great suede jacket, £48, delivered to your door, or to your nearest Next store free of charge. Fast fashion - we like.



## DESIGNER DREAM TEAM

Cool collab alert! Giles joins Debenhams Edition this month with his eponymous collection of signature dresses in classic and modern prints. His designs are already loved by the likes of Daisy Lowe, and we're all completely dotty (sorry) about this belted number. £55 debenhams.com



## HAPPY HUFS

Sun damage, pollution and fading can give coloured hair a pummelling. Luckily, the new Salon At Home Colour Revive range from Charles Worthington promises to bring Technicolor back to our 'do - this Clear Gloss Mousse suits any shade. £9.99 boots.com



As if Ray-Bans weren't stylish enough, now you can create your dream pair with the bespoke service at ray-ban.com/uk/customise. Pick your lenses, arms, colours and case, as well any engravings you might want, for a personalised instant classic. Prices





6pm-8.30pm at the flagship Guess store on Regent Street, London. To win tickets for yourself and a friend, email your names to glamourevents@ condenast.co.uk. Tickets are limited and are available on a first-come, first-served basis. See you there! ▶



exclusively available at

HARVEY NICHOLS

#DietCokeJWA



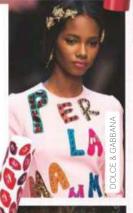
ERMANNO SCERVINO



For an instant winter pick-me-up, give your lips a colour makeover.
From pretty plum to bold berry shades, Rimmel's lip-smacking collections will have you puckering up in no time!

#### PRETTY IN PINK

Who says pink has to be soft and barely there? This winter, we're taking inspiration from the glossy girls at Dolce & Gabbana. Your go-to product for this look? Rimmel's Provocalips Lip Colour (RRP £6.99). It's a two-step product that adapts to the movement of your lips so you won't get that awful sticky feeling. Step one: apply the wow-worthy colour and leave to dry. Then apply the gloss-like topcoat to lock in colour, moisture and shine. Our handbag staples are #200 I'll Call You and #420 Berry Seductive.



## THE POWER POUT

"Rich berry lip shades

global make-up artist

flattering for A/W – keep your make-up simple with luminous skin and softly defined brows." Kirstin Piggott, Rimmel London's

Sometimes all a girl wants is a bold but fuss-free look. Say hello to the 'power pout'. As seen on Roksanda Ilincic's catwalk, make-up is kept minimal and a modern matte lip takes centre stage. The key is to keep it flawless and super-defined all day long. Tricky you say? Not any more! Rimmel's Lasting Finish Colour Rush Balm (RRP £5.99) comes in an easy-to-apply jumbo pencil format and gives all-day, intense colour in 15 hues ranging from corals and reds to browns and nudes. Our favourites for this look are #500 The Redder The Better and #220 Rumour Has It.





Victoriana lace, jewel tones and a dark and dashing attitude are all the rage this season. The easiest way to achieve this look is with brushed brows, heavy mascara and a seductive lip. Check out Ermanno Scervino and Julien Macdonald who kept to gothic-inspired styles with moody berry tones. To re-create, use Rimmel's Moisture Renew (RRP 6.49) lipstick. Think brilliant, rich colour in a vitamin-infused moisturising lipstick — complete with SPF, too! We love #380 Dark Night Waterl-Oops or #500 Diva Red.



To discover Rimmel's berry lipstick shades and the full Rimmel collection, visit a Boots, Superdrug, independent chemist or selected grocery store nationwide. rimmellondon.com







QUENCH YOUR DRY HAIR OBSESSION WITH NOURISHING EXTRAORDINARY OIL THE GOLD ONE

#### ENRICHED WITH 6 LUXURIOUS FLOWER OILS\*\*.

- HAIR FEELS NOURISHED FROM ROOT THROUGH TO THE TIP.
- TOUCH SUMPTUOUSLY SOFT AND FREE-FLOWING LENGTHS.
- SEE LUSTROUS HAIR WITH 3X'THE SHINE.

FIND YOUR HAIR OBSESSION AT LOREAL-PARIS,CO.UK/HAIROBSESSION

BECAUSE YOU'RE WORTH IT.



fastgla HOTAGRALEX KEADY SET GORGEOUS GLOW GIGI NEW SEASON TREND CHEATS THE BEAUTY POWER LIST BEAUTIFUL SEXY (00L) 100 BEST PRODUCTS BACK TO BLACK BUDGET BEAUTY! BEAUTY ATTITUDE

# The month in Sienna

OUR FAVOURITE IT GIRL OF THE NOUGHTIES IS MAKING A COMEBACK — WITH SERIOUS BEAUTY STYLE. BY DOMINIQUE TEMPLE



1 Rock a chic trilby hat perfect for disguising a bad hair day

## LOREAL

2 Infallible Mega Gloss in The Bigger The Better £6.99 L'Oréal Paris





5 We have serious style envy even when she's off duty



moment and pair vintage waves with a stained lip



4 Channel a French-girl vibe with red lipstick and bold stripes

7 An Asian-inspired Met Gala means slicked-back lengths and major tassel earrings, 10/10!



hair into a half-up, half-down style



12 When bun rings were cool... Sienna rocked it!



13 Feeling daring? Be a Grecian goddess with a show-stopping dress and a tiara plait







190 GAMOUR



draw on cute stars with your favourite liquid liner



15 Switch up your hairstyle from day to

20 Elegant braids and a raspberry lip - we love this look



16 A mini Twiggy! This look has beatnik written all over it

shorter lengths and a cute pixie crop

her understated

red-carpet look

benefitcosmetics.co.uk

21 Air Patrol BB Cream Eyelid Primer £21.50



23 Tourmaline Professional Waving Tong £98 hershesons.com







24 Split hair into a middle parting and pull into an elegant chignon at the nape of your neck

29 The secret behind Sienna's A-list glow? Make-up

genius Charlotte Tilbury

25 Bring back the glam with groomed brows and big lash



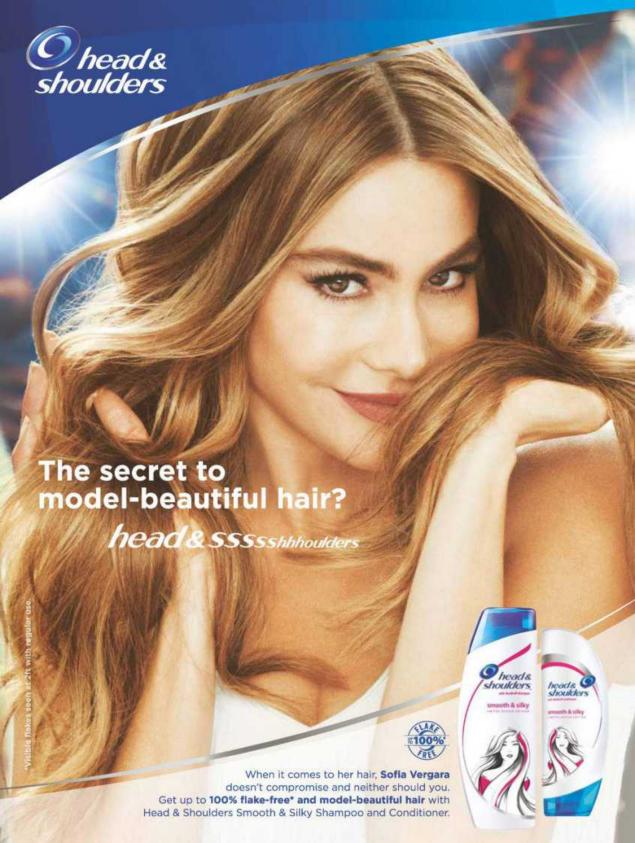


little white dress

30 Messy ponytail and a sequin mini-dress - now that's how to do red-carpet cool







The budget beauty challenge

OUR TASK: TO FIND HIGH-STREET SKIN, HAIR AND MAKE-UP BUYS YOU'LL LOVE.

SPOILER: WE NAILED IT

an you really switch to highstreet products without compromising on results? Here's our expert-approved cheat sheet to making the swap – with no regrets!

## SKINCARE

It's often the moisturising agent in the most expensive creams that does the work on your skin, not the much-hyped 'super ingredients' you pay for, says consultant dermatologist Dr Emma Craythorne of Cedars Dermatology. To make a change, first simplify your regime, she advises. "Cleanse properly, exfoliate, moisturise, wear sunscreen and add a retinoid when you turn 30 – that's it."

## Better skin for less

 $\begin{tabular}{ll} \textbf{SUNSCREEN} "It's the best anti-ageing cream there is," says Dr Craythorne. \\ We like {\tt Photoderm AKN Mat SPF30 £13.90 Bioderma (far right).} \end{tabular}$ 

AHAS "Apply alpha hydroxy acids (AHAS) after cleansing to exfoliate and decongest pores. **DermoPurifyer Active Concentrate** [£6 Eucerin, bottom] contains lactic acid, which is more hydrating than some AHAS," says Dr Craythorne.

Anti-ageing "Olay's Essentials Complete Care Day Cream [£4.59 Olay, right] is a classic anti-ageing moisturiser," says dermatologist Dr Penelope Tympanidis. And when you hit 30, Dr Craythorne suggests investing in Retinol Reface Retinol Skin Resurfacer £19.99 Indeed Labs. "It's the best retinol you can get on a budget without a prescription." ▶



## **CLEANSER**

### The simpler, the better

"You want to cleanse without disturbing the skin's natural barrier, to avoid irritation and breakouts, and wash off with water," says Dr Craythorne, who recommends Toleriane Dermo-Cleanser £11 La Roche-Posay, or Visibly Clear Spot Stress Control Foaming Wash £4.49 Neutrogena if you have oily skin.





## The experts LOVE a **bargain**

**SENSITIVE SKIN** "Cetaphil Gentle Skin Cleanser [£7.99] is a very gentle cleanser for sensitive skins, and breakouts too." Joanne Evans, A-list facialist at julesnabet.com

**DRY SKIN** "I always recommend **E45** [£2.49] for extremely dry skin, especially in winter." Dr Tympanidis



## SKIN SOS

It might be for babies, but Weleda Calendula Nappy Change Cream is also a multi-tasking saviour: spots, irritation, inflammation, dry patches – it sorts them all. And for a perfectly priced £6.95.

## WE LOVE

194 GLAMOUR

Salicylic Acid Anti-Blemish Pore Purifying Clay Mask £8.99 Super Facialist By Una Brennan — the porecleaning salicylic acid in a high-street product.





Heat-styling, colourants and environmental factors (such as UV and pollution) all chip away at even the hardiest hair, so a strengthening cleanser is essential. This high-street buy smells luxe, and bolsters hair with propolis and vitamin B for up to 84% less breakage.

Ultimate Blends The Strength Restorer Shampoo £2.79 Garnier (1).

#### THE CONDITIONER

"I buy a treatment and skip conditioner," says A-list colourist Nicola Clarke. "You only use a small amount, so it lasts longer." We love Oleo Radiance Creamy Moisturiser Mask £6.99 TRESemmé (3).

#### THE MULTI-TASKING STYLER

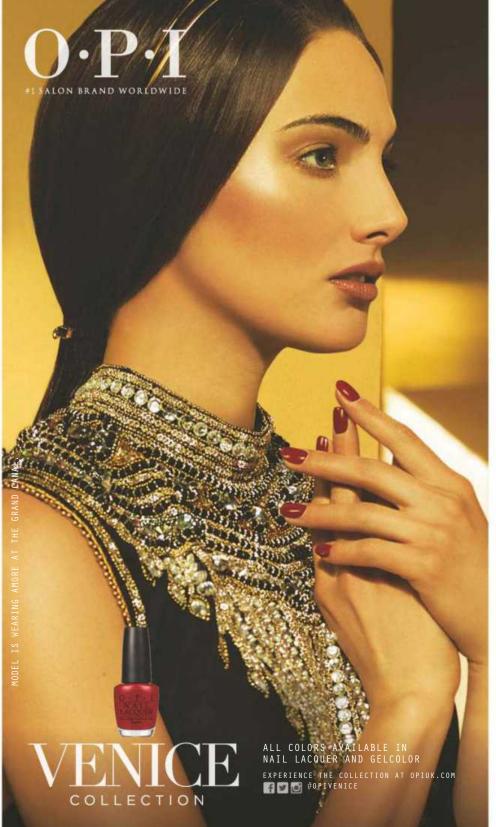
"If you only buy one styling product, make it **Give Me Texture Effortless Wave Creation Foam** [£3.99 V05]," says runway stylist Matthew Curtis. "It's perfect for adding volume *and* the grip you need for styling."



## +2 money-saving tricks

"Adding an oil or serum to your styling product, whether it's a wax or a paste, will make it last longer and leave a glossy sheen." Hairdresser Gary Hooker. We love Elvive Extraordinary Oil-In-Cream £6.99 L'Oréal Paris (4) mixed with Got2b Beach Matt Paste £4.07 Schwarzkopf (2).

"Mix sugar, salt and water [four parts water to every one part of salt/sugar] in a spray bottle, then mist dry or damp hair and scrunch. This creates that beachy, kinked look with a cool matte texture." Hairdresser Michael Young



LACQUER SHADES LEFT TO RIGHT: A GREAT OPERA-TUNITY • IT'S A PIAZZA CAKE • WORTH A PRETTY PENNE • TIRAMISU FOR TWO • AMORE AT THE GRAND CANAL • YOURS? GONDOLA 0 0 P I WEAR CANNOLI PROSECCO THE SPOT THERE SHOPPING! . ST. KISS BAROQUE...BUT STILL LIDO GIMME

## MAKE-UP



ALREADY
IN OUR KIT...
Lasting Perfection
Ultimate Wear Concealer
£4.19 Collection – it
covers well and won't
budge. Super Soft Eye
Crayon £3.99 barrym.
co.uk – doubles as
a shadow and liner.
Lash Sensational Lash

...AND THE
NEW ADDITIONS
Rouge Edition Lipstick

Multiplying Mascara

£7.99 Maybelline.

Rouge Edition Lipstick in Pink Catwalk £7.99 Bourjois; Dream Shine Highlighter £7.99 BD Trade Secrets at tesco.com; Eye Shadow in Pearly Beige Silk £2.90 kikocosmetics.com

## Eyes

Make your eyeshadow work harder," says make-up artist Stephanie G-M.

1 "Invest in a good eye primer – it'll prevent creasing and make the pigment last longer, no matter how much you spend on eyeshadows."

2 "Mix some of your preferred eyeshadow with a bit of water and you get a gel liner for free!"

## BASE

Giving up a luxe foundation seems tough, right? Until you hear what top make-up artists use on A-list faces...



"Revlon's Age Defying With DNA Advantage Cream Makeup [£13.99] is great – it contains hyaluronic acid, which helps skin retain moisture." Arabella Preston



"True Match Foundation [£9.99 L'Oréal Paris] is buildable and gives the kind of natural light cover I prefer for redcarpet events."



"I like Sleek Makeup's New Skin Revive Foundation [£7.99] – there's a really good range of colours." Stephanie G-M



## GLAMOUR BEAUTY TEAM BARGAINS



#### Alessandra Steinherr, Beauty Director

Kate Moss Lipbalm in Clear £5.49
Rimmel London. "I own more
lip balms than any other beauty
product – this one has claimed
first place in my cosmetics
bag because it adds a natural,
non-sticky glow to my lips."





#### Grace Timothy, Contributing Beauty Editor Camomile Silky

Cleansing Oil £10 thebodyshop. co.uk. "Silky-soft and oh-so gentle, it's hard to tell this apart from pricey cleansing oils."



#### Dominique Temple, Senior Beauty Assistant

Lipfinity Long
Lasting Lipstick
in Evermore Lush
£8.99 Max Factor.
"This is my datenight essential
it's so flattering
and lasts all night."



#### Rebecca Wright, Beauty Assistant Cheryl Lashes by

Eylure in Sexy Señorita £5.95 eylure.com. "I wear these all the time – the extra-thin band means they bend to fit your



By Grace Timothy. Photographs: Walter Chin and Chris Craymer/Trunkarchive.com. Still lifes: Jody Todd







IT'S YOUR FOUNDATION'S NEW BFF. BY GRACE TIMOTHY

#### WHAT'S THE DEAL?

"A primer is a product that you use after moisturising but before foundation - an undercoat to 'prime your skin' for make-up," says Mac senior artist, Dominic Skinner. "They sort out any niggles, such as shine, open pores or discolouration, so your foundation doesn't have to. That means you can apply less foundation, it lasts longer and you get a cleaner, fresher appearance to your skin." "Think of it like silk lingerie for your make-up," says Janine Bird,

national make-up coach for Smashbox, "We know slinky dresses look better with the right underwear underneath. The best primers do the same for your foundation."

#### HOW DOES IT WORK?

"The majority of primers contain silicone, which can blur and smooth the look of the skin while also creating the perfect surface for foundation to adhere to," says Janine. Other ingredients will then work on the issues specific to each skin type that can cause

make-up to slip or break down, such as shine or dehydration.

#### WHAT ARE THE KEY INGREDIENTS TO LOOK FOR?

Oiliness Silica **Dullness** Mica

**Dryness** Hyaluronic Acid

#### HOW TO PICK A PRIMER

"Wear your foundation for a day and note what you see by the evening," says Dominic. "Is it looking dry, oily or patchy? Does it last well? It'll give you an idea of your primer needs." ▶



## HOW TO APPLY

"Take just a pea-sized amount," advises Dominic. "If you use too much, it can do the opposite of what you need."

"Only apply primer where you feel you need it. For example, if it's for a matte finish, use it on oily areas, such as the T-zone. Otherwise it can dehydrate the areas that don't get shiny, leaving skin looking lacklustre, and vice versa with radiance primers."

"Some primers need to be rubbed in, whereas others need to be patted in, but both techniques work best using your fingers."

"Let it cook," advises Amanda Bell, Pixi lead make-up artist. "Apply the primer and then do something else – brush your teeth, do your hair – while it settles. Putting your foundation on top too quickly will just mix the two together, letting it all slide off."

"Your skin should ultimately feel very comfortable, quite silky and smooth in texture," says Janine.

## TOP TIP

"Make sure you try
a sample," says Dominic.
"There are so many out there,
it can be quite overwhelming.
You may need to kiss a few
frogs before you find your
priming prince!"

## LIDS & LIPS

A primer for these areas can stop colour creasing and bleeding, conceal imperfections, make pigments pop and make shadow last a whole lot longer.

Eyeshadow Primer Potion
£16 Urban Decay – anchors

eye colour.

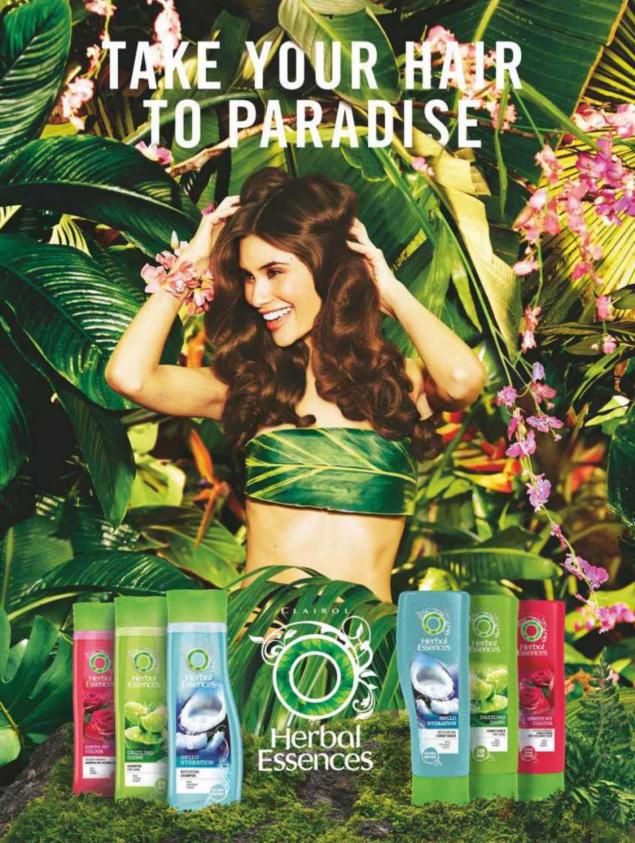
Fix It 2-in-1 Prime & Conceal

Face-Eyes-Lips £23.50 Dior –
blurs lines, locks in lipstick. 

G



Photographs: Kenneth Willardt. Still lifes: Jody Todd



## THE SMART WOMAN'S CHOICE

# Why go through all this...

At the Salon





...when it's as easy as this

At Home



Acrylic



© 2015 Kiss Products, Inc.

# NAIL THE OUTDOORSY LOOK (Without leaving home) WANT TO LOOK GORGEOUSLY WINDSWEPT

AND GLOWY? CHEAT IT!

## SKIN

Think dewy, fresh-faced beauty and minimal make-up, which means starting with a plumped-up, smooth base. Sleep in Visionnaire Nuit **Beauty Sleep Perfector** £60 lancome.co.uk and, when you wake up, add a drop of Custom Infusion Drops A+ Jasmine £40 Cover FX to your day cream for a deeply hydrated complexion.



## HAIR

You want hair to look like it's blown into place by autumnal weather, not hours with a hairdryer. Keep the texture light - Purifying Hair Finish Lotion £36 Christophe Robin is the perfect post-shower prep - then mattify with Tecni.ART Fresh Dust £13 49 L'Oréal Paris





3y Grace Timothy. Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd

## **EYES**

A handsome, brushed-up brow with a hint of brown mascara. That's it - easy! If you want extra depth after dark, sweep a featherlight wash of Eye Colour in Cubica Mauve £7 & Other Stories (left) across the lid, with a fine line of Certified Organic Eye Liner in Coco £13.50 inika.co.uk (right) along upper lashline.

Just Browsing Brush-On Styling Mousse in Soft Blonde £16 clinique. co.uk



## **CHEEKS & LIPS**

"The look radiates health and freshness," says Hannah Murray, who created the Topshop Unique version. "Apply Cheek Jelly in Museum [£7 topshop.com, left] to create a rosy, weathered flush, blending out and down from the apples of your cheeks, and a little on your lips, blotted with a tissue to tone down the colour. For extra depth, dab Lip Bullet in Joyride [£8 topshop.com, right] into the centre of the cheek to add a subtle flush to the surface of the skin."

GLAMOUR 203

I'M LOVING... Resveratrol Lift Serum (2) £45 Caudalíe – packed with the longevity molecule Resveratrol and my fave skin-plumping ingredient,



#### The non-invasive alow treatment

As a beauty editor, it's my iob to test new treatments but I always err on the side of caution when it comes to anything too invasive. My skin has never looked glowier, plumper or fresher than after a deep mesotherapy session with Dr Frances Prenna Jones. She has developed a technique that pushes a blend of vitamins, minerals and hyaluronic acid deeper into the skin with a series of small injections. With instant, long-lasting results, one session costs £300. For a more affordable daily option, her skincare range is mega, too. I love Super Clean (1) £65 drfrancesprennajones.com, a multi-tasking wash-off cleanser that doubles up as a turbo-charged face mask.



#### One to watch

I recently met the inspiring entrepreneur Florence Adepoju (above). While studying cosmetic science at the London College of Fashion, she couldn't find the cool lipstick colours she wanted, so set about launching her own, creating a butt-kicking range of eight shades, £18 each, and a mascara called Greater Than (3), £21. At just 24, this beauty maverick will go far. MDMflow is available at thisisbeautymart.com

### MY DREAM BEAUTY BOUTIQUE

High speed, high quality, in a luxury environment yet without the onerous price tag - DryBy is my new favourite London beauty haunt for

a swift hair and nail upgrade. And did I mention the busy-woman-friendly opening hours? Seven days a week, from 7am on weekdays... utter perfection. dryby.co.uk

#### My skincare obsession

Sheet masks are my go-to face boosters. Look out for the superbrightening Splendieuse Anti-Dark Spot Perfecting Mask £30 Nuxe, **Timeless Truth Rejuvenating** Bio Cellulose Eye Mask £3.70 ttmasks.co.uk, which wakes up tired eyes, and the calming Bio Enzymes Mask Purifying £9 Talika.

#### **SELFIE SECRETS**

OK. it's not all about taking selfies. but it's likely that on any given day you'll end up on someone's Instagram or Snapchat – these three wonder products make me camera-perfect: **Argan Creamy Concealer Crayon** (4) £13 Josie Maran (available at avcuk.com) - covers blemishes without looking heavy. Photography Fluid (5) £20 niod.com - like a camera filter in a bottle. Wow. wow. WOW! Ultra HD Invisible Cover Foundation (6) £29 Make Up For Ever – so feather-light and skin perfecting.

Still lifes: Jody Todd









# drenched by nature

Palmer's\* Coconut Oil Formula drenches your skin with antioxidant-rich moisture that lasts 24 hours. Formulated with ethically and sustainably sourced raw Coconut Oil and Tiaré petal-infused Tahitian Monoi, all of the products are free from harsh chemicals, dyes, parabens, phthalates, mineral oil or gluten. The result is naturally radiant skin with a decadently, rich coconut scent.

> Parabens, Phthalates. Gluten, Mineral Oil or Dyes



# THE WORD ON THIS MONTH'S HOTTEST FILMS MUSIC BOOKS TV



## The **real deal**

Three based-on-true-life films everyone's talking about

#1

#### **EVEREST**

Based on a doomed 1996 expedition to climb the world's highest peak, this film will do for mountains what *Gravity* did for space. Two rival groups, led by Scott Fischer (Jake Gyllenhaal) and Rob Hall (Jason Clarke), join forces when the elements turn against them. The scale of the movie is truly epic, and you feel you're on the mountain with them. Boasting a top-class cast, including Keira Knightley and Emily Watson, it's terrifying, awe-inspiring and heartbreaking.



#2

#### **LEGEND**

The story of East End gangsters the Krays has been romanticised for so long, and this too bows down to the fable. Both twins are played by Tom Hardy in a bit of technical mastery that quickly convinces you're watching two characters. The story rises and falls under the weight of their 1960s celebrity, although Ronnie's unhinged behaviour makes him almost a comic sidekick at times. Visually, it's a visceral experience, showing an era worth the nostalgia, not its murky criminal edges.



gives a real sense of the impact

reverently by director Anton Corbijn, who himself started

out snapping bands.

of a great photograph, and is shot

## **GlamReels**

The best of the rest



#### **MACBETH**

A slick and stylish interpretation of the Shakespeare tragedy sees Michael Fassbender take centre stage as the titular character — a role he was born to play. As the fearless warrior who murders his way to be crowned King of Scotland, Fassbender embodies both the machismo and the madness that the role demands. Marion Cotillard as Lady Macbeth is equally impressive, and early awards buzz is more than justified for the central performances alone.



#### MISS YOU ALREADY

Milly (Toni Colette) is a PR who has it all — a hot muso husband (Dominic Cooper), London pad and two kids. Her best friend is hippie gardener Jess (Drew Barrymore), who is desperate to have kids with her oil-rig worker husband (Paddy Considine). As they wrangle with IVF, Milly is diagnosed with breast cancer and the pair undergo very different experiences as they redefine their relationship. Take tissues, and your best friends.



#### **IRRATIONAL MAN**

An entertaining Woody Allen tale of a young university student, Jill (Emma Stone), unable to resist her washed-up, much older philosophy professor (Joaquin Phoenix). Pretty standard Allen fare, but there are glimpses of some of his early work — a strange coincidence sets us off on a possible murder mystery, and there's playfulness in the plot. The slightly icky romance takes a back seat to ideas of fate, chance, crime and punishment.

# Your month in music

## And it's a total corker



#### **LEONA LEWIS** I Am

Stripped-back, powerful ballads form the backbone of

Leona's fifth album, her first with Island Records. This is definitely a break-up record, albeit from former record label Svco rather than a bovfriend. From the rapturous beats of Fire Under My Feet to the mellower Thunder, each song packs an emotional punch.



#### **STEREOPHONICS**

#### Keep The Village Alive

The Welsh rockers' ninth album is everything we could want from the veteran indie boys. From the stirring guitar riffs and hard-rock beats of C'est La Vie to the lush romantic strings of Song For The Summer, this is a stomping mood lifter.

#### **DISCLOSURE**

#### Caracal

If you were a fan of Disclosure's debut album, then you're going to love their highly anticipated second. A fantastic mix of dancefloor fillers (Bang That) and slower chill-out tunes (Masterpiece), this is modern electronica at its very best.





#### E.MO.TION

Call Me Maybe is probably one of the catchiest pop tunes of all time, and Carly Rae sure hasn't lost her touch when it comes to high-octane pop classics, but it's the slower jams that impress on her third studio album. All That is a stand-out R'n'B gem, while the melodic guitar rhythms of Emotion tug the heart strings.

## monitor



### GABRIELLE APLIN

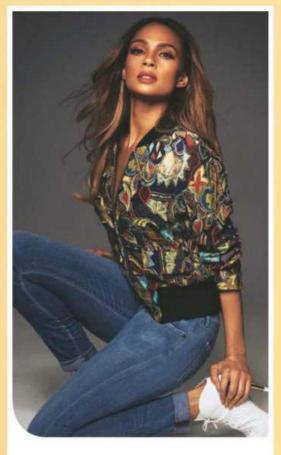
**Light Up The Dark** Effortlessly switching from sultry, hypnotic sounds to more upbeat jazz melodies, Gabrielle Aplin's second album is exactly what we wanted to hear from the Power Of Love songstress. Inspired by Joni Mitchell, Gabrielle has experimented with different microphones and equipment, while retaining a synth edge. We love the stunning acoustic guitars on Fool's Love and the piano tinkling of Skeleton, CCCCC



#### RUDIMENTAL

#### We The Generation

They've come a long way from their chart-topping first album, *Home,* and the Hackney group's second album is a much more chilled-out affair. Between the drum'n'bass beats, there are summery vibes on *I Will For Love,* reggae undertones on the title track, and another superb guest vocal from Ella Eyre on *Too Cool.* 



#### **ALESHA DIXON**

#### Do It For Love

Alesha's fourth solo album is a banger, including party tunes and classic pop you won't get out of your head. On *Count On You*, there's even some of the rapping she became so well known for during her girl-band days. But she nails the ballads too, and *Azura* – dedicated to her daughter – will get you all emotional.



#### **CHVRCHES**

#### **Every Open Eye**

The Scottish synth-pop trio, famous for *The Mother We Share*, have stuck to what they do best: a winning formula of funky electronics, beautiful vocals and emotional lyrics. The soft church organ of *Afterglow* is one of our favourites, along with *High Enough To Carry You Over*, where Martin Doherty takes the vocal reins from lead singer Lauren Mayberry.



212 GLAMOUR

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## monitor

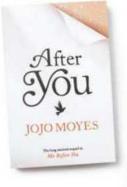
## **GlamReads**

### The other great reason for an early night

#### **AFTER YOU**

#### by Jojo Moyes

At last! It's the sequel to *Me Before You*, Moyes' tragic love story that sold 6 million copies and is about to become an Emilia Clarke-starring movie. Happily, Moyes totally delivers as we discover what happens next to protagonist Lou. She may be trying to move on with her life, but the girl on her doorstep throws a spanner in the works. With its twisty plot, characters you fall in love with, weepy bits and witty bits, this is pretty much perfect.





#### **PURITY**

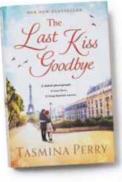
#### by Jonathan Franzen

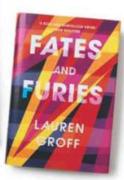
US literary heavyweight Franzen specialises in dysfunctional families, and this novel is no exception. Pip is broke, restless, worn down by her bonkers mother, and trying to find her absent father. Enter Andreas Wolf, an internet outlaw who leaks global secrets. Can he help her? Intense and sprawling, this requires concentration, yet still manages to be a page-turner.

#### THE LAST KISS GOODBYE

#### by Tasmina Perry

Perry is known for her glam bonkbusters, but she's moving into more thoughtful territory with this new novel. Part thriller, part romance, part historical fiction, part spy caper, it unpicks the relationship of journalist Rosamund and enigmatic playboy explorer Dominic. With a 1960s/present-day dual narrative, the action pinballs between London, the Riviera, St Petersburg and Peru. Impressive stuff.





#### **FATES AND FURIES**

#### by Lauren Groff

There are echoes of *Gone Girl* in this vivid, poetic examination of a marriage that isn't all it seems. Golden couple Lotto and Mathilde meet as students, and the book charts their 24-year relationship, first through his eyes, then through hers. Needless to say, their stories don't entirely dovetail.



Missed this one? Check out GLAMOUR.com and @GlamourMagUK where we'll be announcing more exciting G-Book Club events soon.

## G-Book Club meets Marian Keyes

The pulling power of Marian Keyes is such that she sold out G-Book Club in two days flat. And on the night, she didn't disappoint: warm, hilarious, encouraging ("writing is 1% inspiration, 99% perspiration") and wearing one hell of a Marc Jacobs ensemble. We mingled, chatted, discussed Marian's new novel, The Woman Who Stole My Life, then left with signed copies of her novels (she's a total pro) and the now-legendary G-Book Club goodie bag.

Our fabulous goodie bag included: *Rachel's Holiday* by Marian Keyes, The Body Shop Virgin Mojito Body Sorbet, Benefit Puff Off and It's Potent! Eye Cream, Kiko Cosmetics Power Pro Nail Lacquer with discount card, Carmex Moisture Plus Ultra Hydrating Lip Balm, Whittard Afternoon Earl Grey Black Leaf Tea, Divine 38% Milk Chocolate With Toffee & Sea Salt and Metcalfe's Skinny Honey Bee-flavoured popcorn.

# STATEMENT STYLE

FROM LAID BACK SILHOUETTES TO SUPER-LUXE

LEATHER, WHO SAYS WE HAVE TO CHOOSE ONE LOOK?

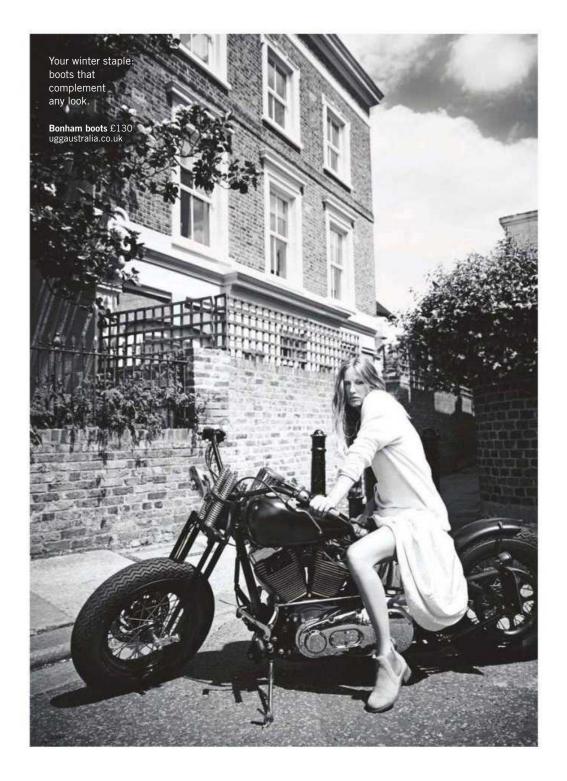
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Photographs by Richard Truscott









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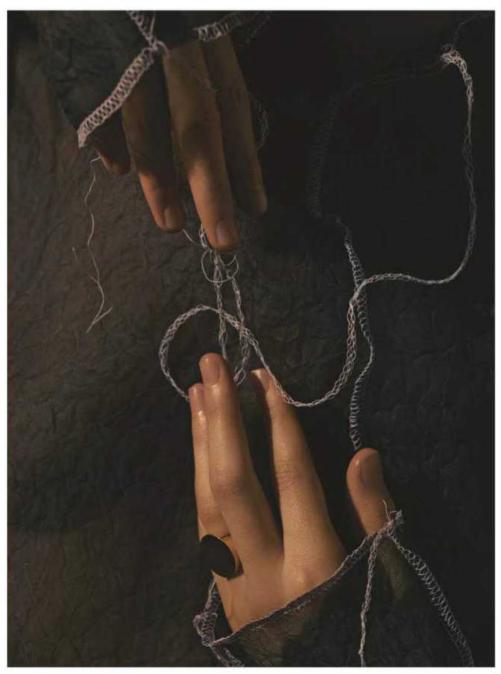
AUTUMN?



YEAH, ANNE'S FEELING IT.

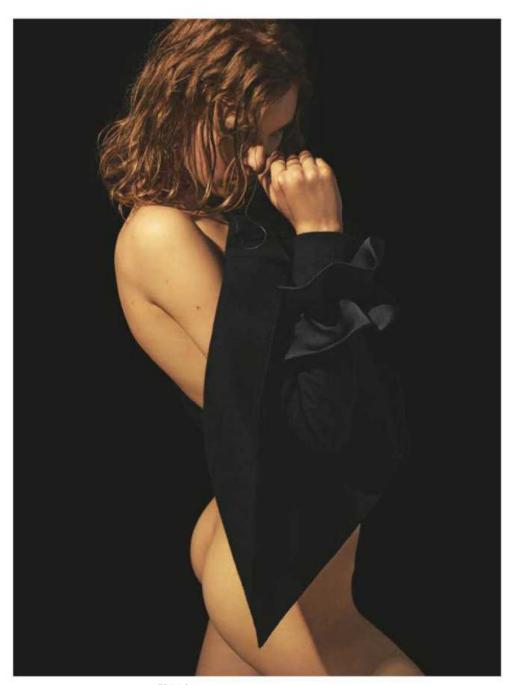
And we've got it 100% covered ▶





 ${\it STITCHING Silk-blend top price on request acnestudios.com;} \\ {\it gold-plated ring £95 Uncommon Matters at amazon.co.uk}$ 





FRILLS Wool-blend jacket £450 Emporio Armani



SLEEVES **Wool jumper dress** £330 MM6 at maisonmargiela.com; **leather shoes** approx £460 Céline; **gold-plated metal bangle** £175 Uncommon Matters at amazon.co.uk





KNOTS Wool-mix polo-neck top £145 Sandro; viscose and polyamide trousers £29.99 H&M Studio at hm.com; gold-plated earring £770 Dior; leather belt £160 Sportmax; silver-plated bangle £70 Folli Follie

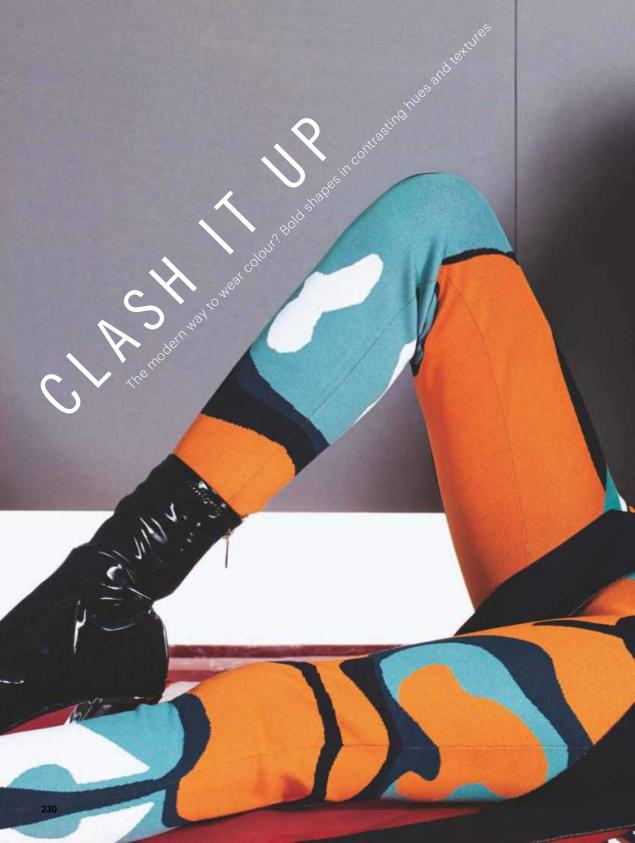






QUILTING Silk coat £970 Max Mara

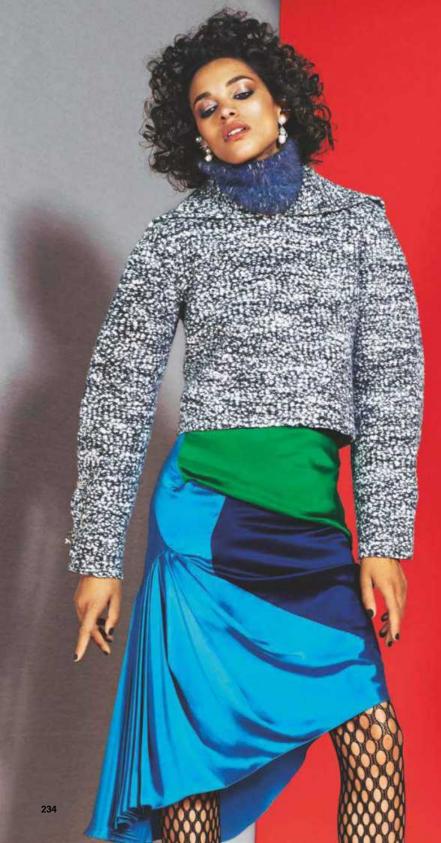
Hair: Gilles Degivry at ArtList. Make-up: Anthony Preel at Airport Agency. Model: Madison Leyes at FM London. Fashion Assistant: Chloe Bloch









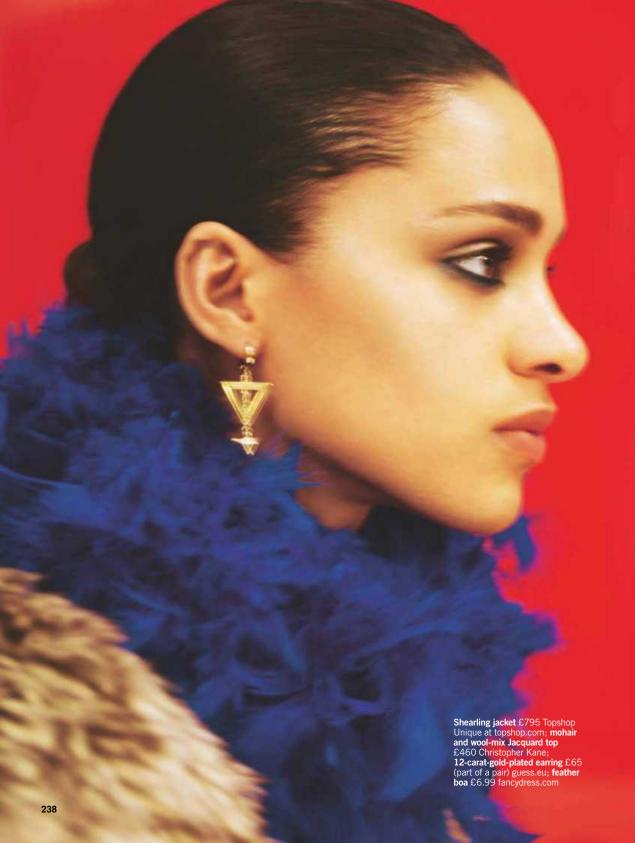


Tweed jumper £665 balenciaga. com; mohair polo-neck dress price on request hugoboss.com; silk skirt price on request j-w-anderson.com; (right ear, from top) metal and diamanté clip earrings £415, metal and diamanté clip earrings £395 and (left ear) metal, diamanté and pearl-drop earrings £445 all balenciaga.com; nylon tights £19 emiliocavallini.com

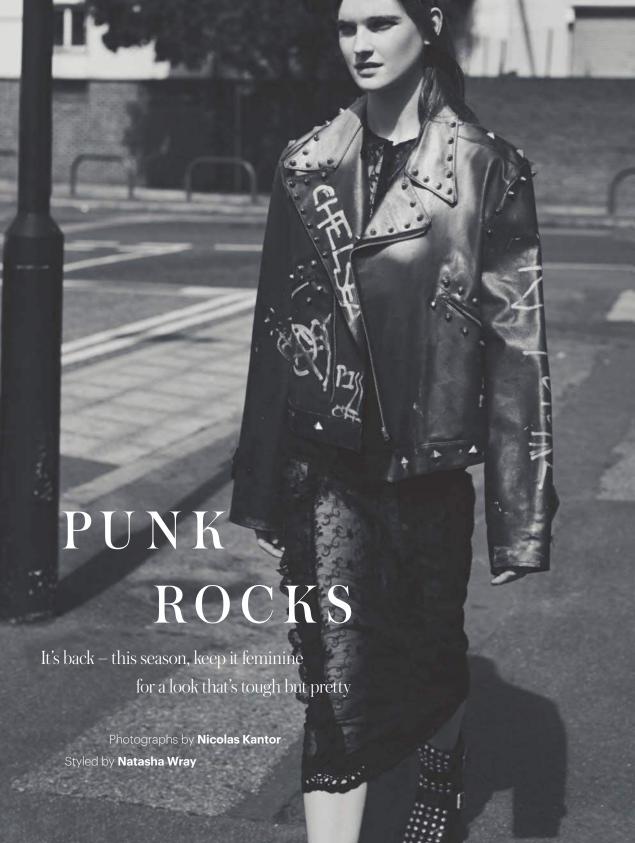




























She's the Oscar-winning girl's girl who drinks tequila and rode Miley Cyrus' wrecking ball. Yep, Anne Hathaway is our new celeb BF. By **Helen Whitaker** ►

Photographs by **Jem Mitchell** Fashion Director **Natalie Hartley** 

# In the kitchen

of an idvllic house by the water in a tiny town in New York's Long Island. Anne Hathaway is pulling two bottles of rosé and a bottle of tequila out of a bag. The actress and her husband, Adam Shulman, have been living in a house just down the road for six weeks over the summer and we've wrenched Anne away from her holiday for her GLAMOUR cover shoot. Since 11am she's been picking her way along the coastline for the photos, while wrapped in thick Dior and Max Mara winter coats that probably don't feel so luxurious when you're wearing them in 28°C temperatures. But now it's 4pm, the shoot has wrapped and it's time for a drink. Annie - as she introduced herself to the crew earlier - is back in her cut-offs and a relaxed denim shirt and pouring out generous measures of tequila, serving everyone on set before topping off one for herself. Her face breaks into that wide light-up-the-room smile that has become so familiar and she calls out, "Cheers!"

Later, we sit down in the airy conservatory of her friend's house, which is ten minutes down the road and looks out onto a perfectly manicured lawn. (If the ultra-tasteful white sofas, dove-grey paintwork and herringbone floor tiles didn't give it away, the appearance of Calvin Klein's women's creative director, Francisco Costa, as our interview draws to a close reveals which friend the house belongs to.) Anne tells me that as a lifetime city slicker, she's finally managed to switch off after

"IT'S AGAINST MY NATURE TO SAY, 'OK, I'M GOING TO PRESS THE PAUSE BUTTON'"

a summer of reading, cooking and yoga in Bellport. "I've never done anything like this and it's kind of against my nature to say, 'OK, I'm going to press the pause button on work and unwind and kind of get to know myself a little bit better," she explains.

Plus, it's a chance to chill out before the publicity machine ramps up for *The Intern*, out in October. It's a comedy written by Nancy Meyer (*Private Benjamin*, *Something's* 

Gotta Give), with Anne playing Jules, the go-getting founder of an online fashion start-up, who takes on an intern in the form of seventy-something Robert De Niro.

In the film, Anne has graduated from the Andy of *The Devil Wears Prada* to the Miranda Priestly boss. The Jedi apprentice has become the Master. "A millenial Meryl," Anne laughs. "My character probably watched *The Devil Wears Prada* a lot and identified with Miranda Priestly. But Miranda Priestly is an icon and Jules isn't there yet – she's finding herself. In many ways Miranda had more time to grow into who she wanted to be and Jules has been kind of thrust out into the front line very quickly. She's having to learn as she goes and is having to make very public mistakes." Anne's voice drops to a stage whisper. "Which I relate to."

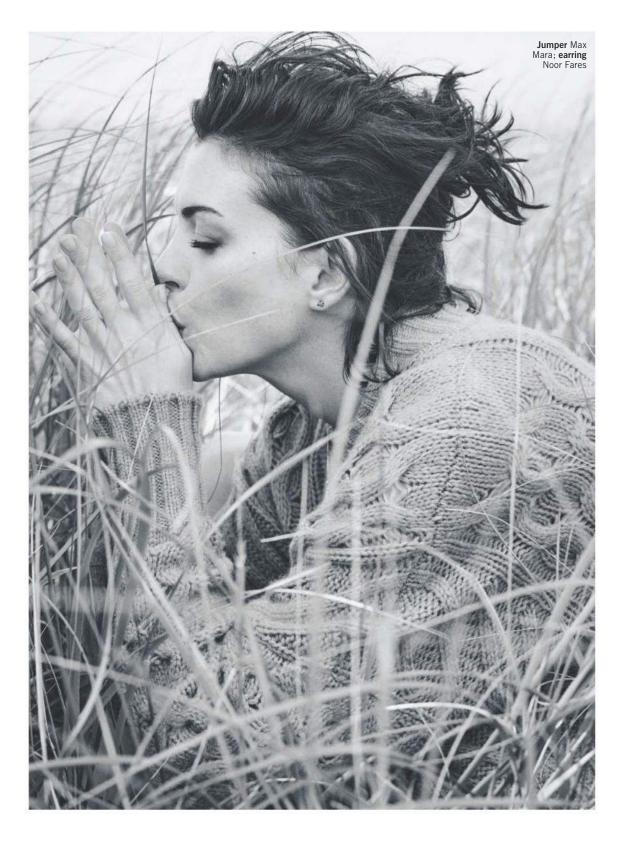
What I think she's *not* referring to is the moment two years ago when that fickle beast, "The Internet", decided it was sick of Anne Hathaway, right around the time that she won an Oscar for her role as Fantine in *Les Misérables*. Of the desultory charges levelled against her, the main one seemed to be "trying too hard". (Which, as the premise for a backlash – even in this age of public shaming – really is clutching at straws.)

I mention that I think Taylor Swift has made it cool to try hard and reap the reward. She's been candid about working hard, wanting to achieve and, yes, being openly happy when the

graft pays off. "She just seems to be following her heart," agrees Anne.
"I met her – I hope it's OK to say this – when she and Jake [Gyllenhaal] were together. She was 20 at the time, and we hung out one night. I was like, 'You are a magnificent creature.' She was on fire and I've

watched her become this force of nature."

Anne's not doing too badly herself. She is warm, self-aware and goofy, and has the easy-going presence of a friend-of-a-friend you've been introduced to at a party and has slotted into the conversation like she was always part of the group. After the Oscar win, another box-office-smashing drama, *Interstellar*, followed, after which she was ready for ▶



# "MAYBE I DON'T HAVE TO BE AS EAGER, DO EVERYTHING, BE IN EVERYTHING"

■ another comedy, something she hadn't tackled since 2010's Love & Other Drugs.

"I was on the set of Interstellar and it was the moment where [her character] Brand believes that she could be the last human being in the universe and I just had to tap into this place of fear and loneliness.

[Afterwards] I went up to our producer, threw my arms around her and said, 'Oh my God, I just want to do a comedy! I need to laugh so hard, man!'" Then she shrugs. "I forgot – because it's been so long – that comedies are way harder than dramas. It's funny the first take, it's funny the second take and then you're like, 'We're here all day.'"

side from *The Intern*, Anne's other project this year was a raved-about one-woman off-Broadway play, *Grounded*, which she describes as "a beautiful and hard experience" in a production that critics called "unnervingly gorgeous". Her next film project, *Alice Through The Looking Glass*, is due for release next year. Anne seems to have hit a groove of doing one or two films a year, a slowed output from her rate ten years ago and a far cry from the back-to-back films that some young actresses are doing. Is that the "pause button" effect again?

"Nothing would make me happier than to say that I am so in control and wise about that but, no, I'm not," she says, cracking a laugh. "Even though I'm 32, I have been doing this for 15 years and I'm just sort of trying to bet on the fact that maybe I don't have to be as eager, do everything, be in everything, and prove myself to people all the time. Maybe I do and I'm just being foolish, maybe I don't."

She's proved herself in myriad ways, surely
– an Oscar, huge box-office blockbusters,
critically acclaimed indies, a comedy classic
in *The Devil Wears Prada*...

Anne continues: "So it's a bit of that and then it's also – I hate to admit it, but it's true – there are fewer roles [for women] and the competition is just as fierce as ever. I look around at my peers and I'm so blown away by their talent and their beauty and their cool style, as well as their ability to be an actress and be a movie star and ▶





■ be good at it. I mean, they're so good and we're all trying to get the same parts."

Any small win for women in film is still newsworthy and not routine enough to pass without comment. Just this year: rebooting *Ghostbusters* with a female cast, a femaledriven comedy (*Trainwreck*) being a box-office hit, *Mad Max: Fury Road* having a feminist message – all big news.

"Steps are being made and that's good," she says. "I can't complain about it because I benefitted from it. When I was in my early twenties, parts would be written for women in their fifties and I would get them. And now I'm in my early thirties and I'm like, 'Why did that 24 year old get that part?' I was that 24 year old once, I can't be upset about it, it's the way things are. All I can do right now is think that thankfully you have built up perhaps a little bit of cachet and can tell stories that interest you and if people go to see them you'll be allowed to make more."

# Anne had to audition

for her role in *The Intern* and busts the myth that success insulates you against rejection. Experience, however, has made her more philosophical about it. "It's disappointing, you have a cry and you give yourself a day to feel rotten about it," she says. "And then you have to be happy for the person that got it and think, 'I'm not going to shoot daggers at the poster whenever I see it.' I don't beat myself up as much any more, I see the opportunity that exists within failure more easily now. It's great maturing. Although I do resent 23 year olds and their skin! That's the one thing that I'm working on."

I tell her my theory that where you can only see your flaws in photos of yourself now, one day you'll look back on that same photo and think, 'Damn, I was hot,' so you should try to appreciate it in the moment. "I remember when I was starting out as a young actress, thinking, 'Oh my God, I have the *fattest* face,'" she says. "Now I look at those pictures and I think, 'So much collagen!"

Born in Brooklyn and raised in New Jersey, Anne never expected to fall in love with Los ▶



# "I DON'T BEAT MYSELF UP AS MUCH ANY MORE"

■ Angeles, where she moved from New York at the beginning of the year. "It was never really my thing," she says. "I'd been out there for 14 years and never really felt anything for it and then we started to make some awesome friendships. Suddenly I realised I was hiking every day." She laughs again. "And having a lot of conversations about crystals, which made me really happy. But I'm happiest when I can travel and spend time at home. I'm really lucky, I'm in a happy marriage. I feel like he's my home. When he and I and the dogs are all together I'm like, OK, this is my home."

hat she is smitten with her husband of almost three years is obvious. She doesn't stop beaming when talking about him (and their rescue dogs, Kenobi and Esmeralda). But having been with Adam since 2008, she wasn't prepared for the difference that changing her marital status (in an ultraromantic Valentino gown in 2012) made.

"I really thought that it was just going to be signing a piece of paper and I was very surprised by the soul stirring that happened," she admits. You think, 'Oh, I've been in a relationship with this person for so many years, how is this going to change anything?' And I realise there was a piece of my soul that I was keeping out of bounds from the relationship. When we got married it was suddenly released. I think I'm surprised

by how happy I am!"

The other components
for happiness are her female
friends, some of whom she's

stayed in touch with from early film roles, such as Emily Blunt. "I think she's about to

have a really big year with *Sicario* and I think she's going to be nominated [for an Oscar]," Anne whispers delightedly when her name comes up. "She's so brilliant and talented and the most grounded actress I know. Actress... she's the most grounded *person* I know."

Earlier this year, the pair faced off in a lip-sync contest on Jimmy Fallon's show with Emily visibly gobsmacked when Anne launched into a rendition of Miley Cyrus' Wrecking Ball, complete with sledgehammer licking and a crescendo that saw her hurling herself onto a wrecking ball (the actual ball from the original video, trivia fans). "Emily had no idea it was going to happen," she says. "We texted each other a week after that and she asked, 'Are you still high off that experience?' I replied, 'I am buzzing.""

The latest addition to their gang is Jessica Chastain. "I'm trying right now to start a book club with Em and Jessica, because they're working on a movie together. I said, 'Let's all read this book!' [Life After Life by Kate Atkinson]. But I'm not working and they are, so it's not going very well." Anne first met Jessica during the filming of Interstellar. "I didn't really get to film with her but I spent a lot of time with her on the press tour," she says. "At the end of it I said, 'This is going to sound really dorky but... can we be friends? I really like you.' She said, 'Aren't we already friends?' so I was like, 'OK, never mind, I'm just being weird.""

A self-confessed "late bloomer", from our conversation it sounds as though, like many women, Anne has grown into herself (aside from the odd self-confidence wobble when befriending co-stars, of course). "I've let go of this idea that there's going to be a moment where I'll have arrived and my pH will be balanced perfectly," she agrees. "When I look back on my twenties, I just remember being afraid of everything and in my thirties I'm actually excited by things. And

# "I'M REALLY LUCKY, I'M IN A HAPPY MARRIAGE. I FEEL LIKE HE'S MY HOME"

if things don't work out, you know, by the time you've hit your thirties you've had your fair share of disappointments. I'm sure there's more to come, but you realise that nothing's really the end of the world: if you are lucky enough to have found people in your life to love and you've grown enough to be able to receive some of their love in return, then you're really doing well."

The Intern is in cinemas from October 2



# BACKTO

5 WAYS TO WEAR THIS SEASON'S STRONGEST TREND

By Alessandra Steinherr

ast aside neutrals and vamp it up with the deepest, darkest shade on the colour spectrum

– black. A fail-safe fashion classic, depending on how and where you wear it, it can be as pretty or as Gothic as you dare to make it.

#### DFFPLY MATTE

Pretty up a vampy mouth by forgoing all black in favour of a bold berry. We love Matte Lipstick in Smoked Purple £15.50 maccosmetics.co.uk and Pure Color Envy Matte Lipstick in Commanding £25 esteelauder.co.uk. Contrast with super-bare, undone skin, with a little help from No Foundation Foundation Serum £45 Perricone MD. And if you can bear it, ditch the mascara and just curl clean lashes (if not, brush on a thin coat of ultra-fine Glamolash Mascara Skinny £24 rodial.co.uk). A subtle stroke of nude liner inside the lower waterline creates a wide-eyed look - try Eye Bright Liner £10 pixibeauty.co.uk ▶

Photographs by Kenneth Willardt





# SERIOUS LASHWORK

The 'perfect' mascara might be a matter of personal choice, but there's one universal truth: while it's fun to play with colour from time to time, black suits everyone, and is the ultimate eye beautifier. For a bold, glossy inky-black flutter, we love Le Volume Ultra-Noir de Chanel £25 Chanel – packed with pigment, this formula gives lashes serious guts. ▶





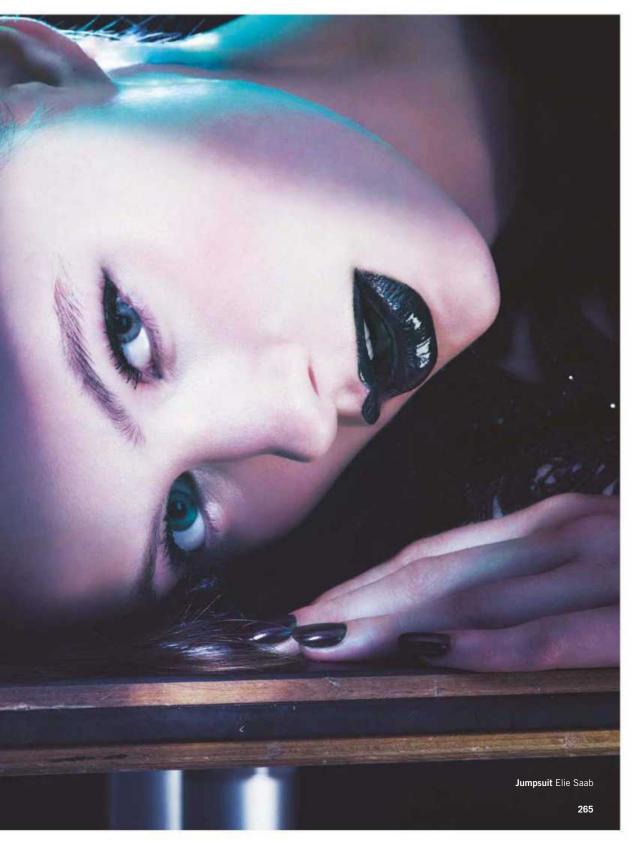




## THE VINYL LIP

Deep lips aren't just a fashion thing. Sure, wearing them this black does take confidence (recreate the look with Lipstick in Di La La £18 MDMflow at thisisbeautymart.com, layered with Intense Lipgloss in Repulse £17.50 illamasqua.com). But you can try a more wearable version with a dark plum, such as Beautiful Colour Moisturizing Lipstick in Smoky Plum £21 elizabetharden.co.uk or Joli Rouge Lipstick in Royal Plum £19 clarins. co.uk. On nails, Marian layered Saturated Nail Polish £10.50 Orly over Le Vernis Nail Colour in Black Satin £18 Chanel. @

Styled by Alessandra Steinherr Assisted by Dominique Temple Make-up: Zoe Taylor at Jed Root, using Chanel Autumn Collection Hair: Leigh Keates at Premier Nails: Marian Newman at Streeters Model: Leni Rabbel at Mega Model Agency







We test hundreds of products each month to bring you the very best. For the third year running, here is our definitive guide to the classics and new obsessions that *really* work.

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# gentle

cleanse.

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MONESSATION

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Total Effects Pore Perfector £14.99 Olav. Long-term smoothing power with an immediate blur effect - so long, pores!



#### The collage

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#### The gentle exfoliant

Glow Peel Pads £24 Pixi Beauty. These pre-soaked pads swipe off dead skin cells to reveal brighter skin underneath.



# The radiance

cleanse ThirstyCleanse Daily Treatment Cleanser £29 glamglowmud. co.uk. Dry skin's dream wash gentle cleansing mud lifts dirt for an instant boost.

LSOFUE

The new-gen oil

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simple

Micelia!

simple



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#### The brilliant body butter

Limited Edition Renewing Rose Body Velvet £50 aromatherapy associates.com. Gives skin an unrivalled gleam - and smells good enough to eat.

#### The multitasker In-Shower Q10 Firming Body

Moisturiser £5.10 Nivea. Gorgeous, firm skin when you step out of the shower. No body cream required!

#### The delicious lotion

Elemis

Lovely Lanolin Triple **Buttermilk Body Balm** £13.99 Lanolips. A silky veil that gives endless hydration.







#### Geranium & Walnut Body

Scrub £40 jomalone.co.uk. This refreshing exfoliator leaves our skin silky soft and smelling divine.

The uplifting shower gel Shower Smoothie Body Wash £4.75 Aussie. After one go, you feel top-to-toe gorgeous - and it leaves your bathroom smelling amazing.



#### The luxe oil

Illumino Body Oil £90 Colbert MD. Massage into skin and enter deep relaxation mode.

#### The best hand cream

Cow Pat Natural Antibacterial & Soothing Hand Gel £7 cowshedonline.com. Ticking the hygiene box without drying your cuticles - result.









# The lightweight spray Perfectly (Un)done

Ultra Brushable Hairspray £5.50 TRESemmé. Holds waves and stops frizz with no crunchiness.



ELVIVE

#### The all-rounder

Elasticizer £29 philipkingsley.co.uk. The most indulgent way to tame and smooth overprocessed hair.



## GREAT HAIR DAYS **GUARANTEED**

The shine shampoo Discipline Bain Fluidealiste £17 Kérastase, Gives a high-shine cleanse and



#### The hydrate Hydra Intensify Intense Hydration Conditioner £5.99 Pantene. Delivers

major hydration and a super-shine finish, without weighing your hair down.

#### The hair refresher

Radiance Revealing Invisible Dry Shampoo £12 Percy & Reed. It's so good, it won again! The dream hair refresher with no chalky residue.



The curl glosser

Rare Blend Moisture

Therapy Conditioner £23 ojon.co.uk. This

miracle worker gives

they needs to shine.

curls the moisture

#### The bounce boost

Oxygen Moisture Root Lift Spray £6.99 Dove. The ultimate flat-hair saviour in a light-as-air formula.

#### The innovation Elvive Extraordinary

Oil Mist £9.99 L'Oréal Paris. All the glossifying power of an oil, with a weightless, grease-free finish. We are OBSESSED.



The primer Forever Smooth Anti-Frizz Primer £9.99 John Frieda. This revolutionary new formula makes styling 100% easier.



#### The red root cover-up Root Cover Up in Red £28.50 Color Wow. The cult product

now comes in a gorgeous red hue - at last. ▶

Tanning and Sun

YOUR TOP-TO-TOE GLOW



The soother Sensitive Advanced After Sun £5 Garnier. A breakthrough for sun-sensitive skin, soothing heat rash

and redness.

Super Soin Solaire Milky Body Mist SPF30 £83 Sislev. A little of this antiaging formula goes a long way. Plus it's scented with divine essential oils.

The anti-ager

#### The new technology **Expert Sun Aging Protection**

Lotion SPF30 £30 Shiseido. The UV protection in this lotion is activated on contact with water. Genius!



Self Tanning Night Moisture Mask £29.95 vitaliberata.co.uk. A natural bronze finish in just three hours!



The tinted face cream Photoderm Max

SPF50+ Tinted Cream £14 Bioderma. Covers blemishes. evens skin and gives maximum sun protection.



#### The bronzer

Terracotta Joli Teint Natural Healthy Glow Powder Duo in Natural Brunettes £35.50 Guerlain. One sweep of this and you're ready to GLOW.



Protective Oil £17.50 La Roche-Posay. We love how this non-greasy spray melts seamlessly into skin - with no white residue

in sight.



Sheer Fluid Sun Shield SPF30 £40 Lancer. This clever liquid doubles up as a primer - it's so light, you'll forget you're wearing it.



Body £26 clarins. co.uk. A few drops of this bespoke self tan turn your body lotion or moisturiser into a gorgeous bronzer.



Tan Perfecting Enzyme Peel Mask £15 James Read. Use this exfoliating mask pre- and post-tan to prevent build-up and prepare skin for tanning.

#### The chic floral

J'Adore Touche de Parfum £70 Christian Dior. Pretty jasmine with a grown-up, woody base - pure genius.

#### The designer debut

Alaïa Paris £85 for 100ml eau de parfum Alaïa. The fashion king's first scent doesn't disappoint - musky yet sweet, with a peppery kick.





#### The seducer

Bella Freud £75 for 50ml eau de parfum selfridges. com. Amber, patchouli, ylang ylang - the ultimate sensual statement.



#### floral Chance Eau Vive £79 for 100ml eau

de toilette Chanel. Light, lively and bursting with zest.



Sì £54 for 50ml eau de toilette Giorgio Armani. A blend of vanilla and florals, with plenty of Italian verve.



The exotic elixir
Infusions de Fleur D'Oranger £80 for 100ml eau de parfum Prada. Orange blossom, neroli and tuberose – it's summer in a bottle.



#### The new rose

Rosie For Autograph £14 for 30ml eau de parfum. The velvety bouquet of the moment.



#### The sweet treat

Blossom £46 for 60ml eau de parfum jimmychoo.com. A cocktail of fruits and flowers, it's youthful and full of sparkle.



The next big thing La Panthère Eau de Parfum Légère £85 for 75ml eau de parfum Cartier. Dreamy gardenia with a rich musk heart. Destined for cult status.



#### e new classic

Decadence £69 for 50ml eau de parfum Marc Jacobs. Rich and woody, but with a fun side too. MJ strikes gold again. ▶





# Your best-ofbeauty kit, sorted!

We've teamed up with Latest in Beauty to bring you eight of the most hard-working products from the 2015 BEAUTY POWER LIST. This truly is a box jam-packed with highly covetable beauty goodness. From cult favourites (hello, Elasticizer) to must-try newbies (Self Tanning Moisture Mask), these beauty finds are everything you need to freshen up your routine. And the best part? The total value is a whopping £92.87 (for just £18.99).





#### REVLON ULTRA HD™ LIPSTICK (3 variations)

We love a great lipstick that delivers true-to-tube colour without the worry of it feeling gloopy. The unique gel formula means these lipsticks are so smooth, you can apply them in just one swipe. (Each box contains one lipstick.)



#### VITA LIBERATA SELF TANNING NIGHT MOISTURE MASK

Some people struggle with facial self-tans, as they can be drying and deliver uneven colour. This clever overnight wonder gradually builds a natural-looking tan, while also delivering superior moisturisation.



#### RIMMEL LONDON 60 SECONDS SUPER SHINE NAIL POLISH (3 variations)

This polish dries so quickly, you can apply it just before you leave the house – and the 3-in-1 formula means it has super-long wear and a glossy finish. (Each box contains one polish.)



#### NAILS INC NAILKALE **SUPERFOOD BASE COAT**

If you have brittle nails that break easily, this base coat will solve all your problems. Kale extract strengthens nails back to health and encourages them to grow faster, too.



separates lashes

(Each box contains one mascara.)

for long-lasting curl and volume.

#### **PHILIP KINGSLEY GERANIUM** & NEROLI **ELASTICIZER**

The cult treatment everyone with heat- or chemically treated hair needs in their life. It revives damaged hair, strengthens long-term - and this limited edition smells divine.

minimal effort. Apply before you go to sleep and you'll wake up with hydrated, plumped, fresher-looking skin. Beauty sleep has never been easier!





#### KIKO VELVET TOUCH CREAMY STICK BLUSH (3 variations)

A super-blendable blush that gives a pretty flush in no time. These flattering hues warm up your complexion and can even create the look of cheekbones. (Each box contains one blush.)

# BUY NOW! At latestinbeauty.com/glamour

While stocks last. Contents may vary. Terms & conditions apply. No subscription to Latest in Beauty necessary

# NEW-SEASON TREND CHEATS

For runway-ready hair, nails and make-up, go to the pros, says **Grace Timothy** 

#### **BRIGHTON**

LVL Lashes at The Lanes Health and Beauty, 5 Market St BN1 1HH (01273 725572;

thelaneshealthandbeauty.com)

Thick, luscious lashes work with every look. And with this gentle perming treatment, your natural lashes will be shapely for up to six weeks, no mascara or curlers required. Usual price £60

She's Fancy Nail Art Manicure at She-Nail, 14-15 Queens Road BN1 3WA (07572 383722; she-nail.co.uk) Nail art is back, but tools down, ladies: there's an easier way to try it. Salon owner Poppie handpaints her designs - anything

from leopardprint to houndstooth. Usual price £25

#### **CARDIFF**

Runway Finish at Ken Picton, 8 Mermaid Quay CF10 5BZ (029 2066 2080; kenpicton.com)

Learn the tricks of the trade from a team of Fashion Week regulars. Your hair is fabulised with the Ghd Curve collection, with a side of backstage gossip and styling tips as standard. Usual price From £30

#### **CHELTENHAM**

Day Spa Mani at C-Side, Cowley Manor, Cowley GL53 9NL (01242 870900; cowleymanor.com)

Start A/W15 with a mani (or pedi, if you prefer) that will set you up for an entire season of runway colour, using Green & Spring's organic skincare. Plus, you get to use the spa all day, with a two-course meal thrown in. **Usual price** £166.67\*\*

#### CHIPPING CAMPDEN

Spa Manicure at Cotswold House Hotel & Spa, The Square, High Street GL55 6AN (01386 848934; bespokehotels.com/cotswoldhouse) Beautifully groomed hands are always decide to try. So this luxurious dose of exfoliation, shaping, massage, a cocooning mask and buffing will make every polish look perfect. Usual price from £50

#### LIVERPOOL

Blow-dry at Sassoon Salon, 1st Floor Metquarter, 34 Whitechapel L1 6DA (0151 227 1450; sassoon-salon.com) Choose a fashion-forward blow-dry from the Blow & Style menu, then watch and learn! Our favourite is The Beach Wave - so Roberto Cavalli. Usual price from £35\*\*\*



TAKE THESE PAGES TO ONE OF OUR LISTED SPAS OR SALONS TO CLAIM YOUR DISCOUNT - VALID UNTIL OCTOBER 7, 2015\*

on trend, whatever nail colour you

#### **LONDON**

# Signature Manicure at A Nails London Mobile Service (anailslondon.com)

Whether you go for the season's red or a glossy nude, why not enjoy a mani at home? Anastasia and her team incorporate massage, exfoliation and buffing into your file-and-paint job. **Usual price** £35

#### A/W15 Updo Session at Gina Conway Aveda Lifestyle Salon, 62 Westbourne Grove W2 5SH (020 7229 6644; ginaconwaysalons.co.uk)

Enjoy a Green Detox Elixir while you choose your catwalk-inspired updo, from messy buns to cool braids. **Usual price** from £56

#### Olaplex at Taylor Taylor, 309 Portobello Road W10 5TD (020 8960 8569; taylortaylorlondon.com)

What better way to start your A/W15 styling than with a fresh new colour? Olaplex lightens hair with less damage, strengthening each hair as it colours.

Usual price £35

Benefit Pamper
Yourself Pretty at
Benefit Cosmetics,
10 Carnaby Street
W1F 9PF (020
3597 5886; benefit
cosmetics.co.uk)
Want glossy Burberry
curls? Or Topshop Unique

waves? Spend just 30 minutes at the Benefit Blowout Bar, then get a complimentary mini-make-upper session with the make-up artists. **Usual price** £26.50

#### Thoroughly Nailed Manicure at Nailed, 70 Chepstow Road, Notting Hill W2 5BE (020 7221 6685; getnailed.london)

Make your own catwalk nail statement with beautifully pampered hands and the season's hottest shades, courtesy of Essie – resident polish brand at Erdem and Simone Rocha for A/W15. **Usual price** £25

#### **NEWCASTLE**

Luxury Manicure at Matfen Hall Hotel Golf and Spa, Matfen Village NE20 ORH (01661 886500; matfenhall.com)

Nude nails were everywhere this season – and they look their best with good grooming. This deeply nourishing treatment perfects nails, cuticles and hands, finishing with a slick of Jessica polish.

Usual price £40

#### **READING**

Blow-dry at Headmasters, 2 St Mary's Butts, Broad Street Mall RG1 2LN (0345 459 7722;

headmasters.com)
Choose your new-season

look from Headmasters' catwalk-inspired blow-dries. Whether it's The Understated Bun (so Balenciaga) or some sleek waves, you'll want to wear your new 'do all autumn. **Usual price** from £30

#### SOUTHSEA

Blow-dry & Manicure at We Love Hair And Beauty, 76 Palmerston Road P05 3PT (023 9242 6622; raepalmer.co.uk)

Hair *and* nails – don't mind if we do. Choose a glossy blowout and a colour for your nails, then just sit back and enjoy pro styling and a luxury Nailtiques manicure. **Usual price** £50

#### **STOTFOLD**

Ultimate Bare Minerals Make-up Lesson at The Bannatyne Spa, Fairfield Hall, Hitchin Road SG5 4JJ (0344 248 3751; bannatyne.co.uk)

Sign up for a 60-minute make-up lesson with Bare Minerals to help you tailor those runway looks to suit *you*, and you can also enjoy full use of the spa. Pool? Check. Sauna? Check. A season of flawless make-up? Hell, yes! **Usual price** £58

## And one DIY trend: CASHMERE SKIN

CALLING

**ALL SPA STARS!** 

GLAMOUR is on the lookout for the

UK's top spas and salons for our

next G Directory. If you'd like to

suggest your venue, please email

glamourbeauty.assistant@

condenast.co.uk with your address,

link to your website and your

pampering speciality!

For top-to-toe runway perfection, try make-up artist Val Garland's look for designer Peter Pilotto: cashmere skin. Prep with Spa Of The World Moroccan Rhassoul Body Clay



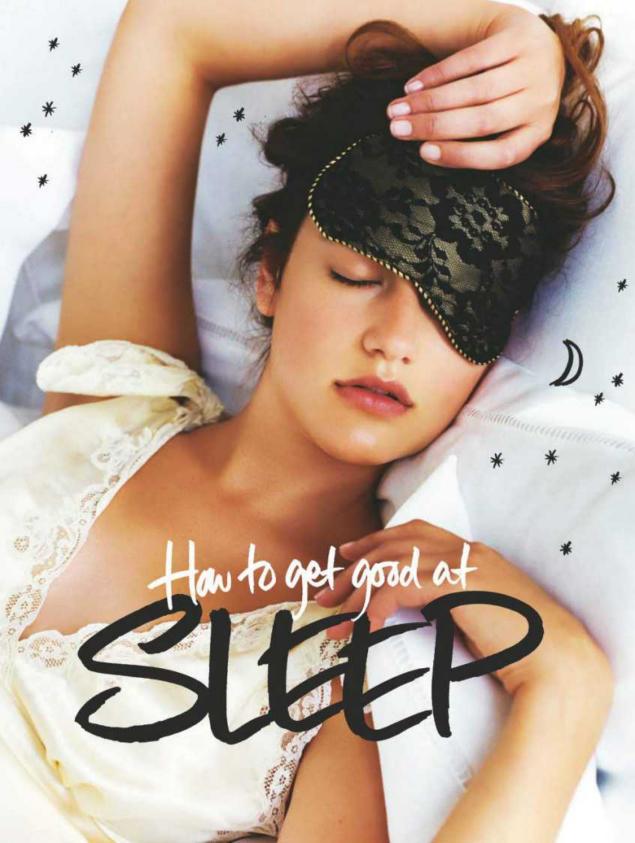
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Boost Body Cream
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a supercharged hydrator
with the subtlest hit
of sunkissed colour.



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It's vital for good health, but getting quality shut-eye isn't always easy. So if counting sheep isn't working for you, here's our pro guide to getting the best kind of ZZZs.

By Helen Foster

ould vou go to work drunk? Didn't think so. But one sleep doctor,

Harvard's Josna Adusumilli, recently said some of us might as well do exactly that. She claims many people go to the office on as little as six hours' sleep each night - which, when done regularly, has the same detrimental effect on mental and physical performance as turning up three sheets to the wind.

Medical experts all agree that sleep is essential, for health and sanity - which might not sound like good news if, like many of us, you live in a world where 'I'm tired' is am I boring practically the new 'hello'. So, if you've forgotten how to sleep well, here's what you need to know to get back on track.

"Sorry,

vou?"

# DO YOU REALLY NEED 8 HOURS SLEEP?

"Most people need somewhere between seven to nine hours," says Dr Sophie Bostock, health psychologist from sleep app creators Sleepio. Within that, exactly how much, or how well we sleep, can be determined by many different factors; it's genetic (and about 1% of the population actually possess genes that mean they can get away with as little as four hours). Women tend to sleep less effectively than men, and need about an extra 20 minutes a day, and as we age, our quality of sleep improves so we actually need less to feel restored. So, how do you know how much is right for you? There's no definitive test, but the five questions below will teach you how to read your body's signals.

#### Do you fall asleep as soon as your head hits the pillow?

Actually, it should take about 15 minutes after getting into bed to drop off. "If you fall asleep quicker, you're sleep deprived; if you take longer than 30 minutes, you're sleeping more than you need - or something like stress is possibly interfering," says Dr Bostock.

#### Do you need an alarm clock to wake you up?

Unless you have to get up at an unsociable hour like 4am. Dr Bostock says a sign of sleeping well is that vou wake naturally before your alarm. Repeatedly hitting snooze says you're not getting enough sleep.

#### Do you sleep more than one hour extra at weekends?

"Saving 'yes' is a sign you're collecting a sleep debt in the week that your body is trying to make up for. When you're sleeping the right amount for you, you should sleep the same number of hours all week," says neurologist Dr Guy Leschziner from the Sleep Centre at London Bridge Hospital.

#### How do you feel at Ilam?

The answer should be alert and energised, as this is the point in your circadian rhythm [a 24-hour cycle that tells your body when to sleep] when you should be most awake. "If you're tired at this point in the day, you're definitely not getting enough sleep - or something else is draining your energy," says sleep specialist Dr Neil Stanley.

#### If you do feel tired, are you snappy, overly tearful, argumentative or more easily stressed?

Tiredness can be caused by lack of sleep or low energy, "but low energy doesn't tend to be associated with an impact on emotional function," says Dr Stanley. "That's a sign that you're lacking sleep."

#### How to use the results

"Be vour own scientist and test your theories," says Dr Bostock. "If you think you might need more - or less - sleep, adjust things for a few weeks, then do the quiz again and see what improves." But remember, the best results aren't instant. "It takes a while to change your sleep clock," says Dr Suveer Singh, sleep specialist and consultant in respiratory medicine at London's Bupa Cromwell Hospital. "To move things by an hour or more, first bring your bedtime forward or back 15-30 minutes for a few nights and let your body adapt, then shift again if needed."

# SAM PIDECIDE WHEN ENIGHT ENDS, WITHOUT

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always





**ARE YOU** DEPRESSED

- OR JUST

**VERY TIRED?** 

## SLEEP SAVIOURS THAT REALLY WORK

Forget lavender pillow sprays, try these instead

TAKE omega-3. Research from the University of Oxford found it improves sleep. "DHA in omega-3 fats might lower anxiety or help with the release of melatonin - the hormone that signals sleep," says the study's author, Professor Paul Montgomery.

GET as much natural daylight as you can. Research found that those who get the most during the day (even through a window) sleep best at night.

CREATE a sleep signal. According to Harley Street hypnotherapist Pat Duckworth, touching your ear, stroking your cheek, putting your thumb and finger together - any easy move - when you're sleepy lights up a neural pathway in the brain that you can use to stimulate sleep when it's not coming naturally. "It's called anchoring. You'll need to do it several times so the two become linked. Then, pressing that point when you can't sleep will light up the pathway SLEEP MYTH

for sleepiness and you'll drop off," she says.

You need to make up sleep If one night you lose four hours, you might wonder how you'll catch up. But "after a bad night, your body goes into a deeper sleep the next a third of the sleep you lost." says Dr Bostock.

LISTEN to SLEEP. That's the eight-hour 'lullaby' composer Max Richter wrote with advice from neuroscientist David Eagleman. He's hoping it will help people fall asleep and keep them snoozing all night, calling it "an eight-hour place to rest". Search Max Richter and download at deutschegrammophon.com

DRINK ZenBev. This is made from pumpkin seeds, "rich in the amino acid tryptophan in a form the body can convert into sleep hormone melatonin," says creator Dr Craig Hudson. In a trial, insomniacs said it cut night-time waking by 39%. £25.99, zenbev.com

WEAR H7 Insomnia Control. This band massages the H7 acupressure point on the wrist. which in Chinese medicine aids sleep. In trials at Rome's La Sapienza University, 72% of patients found it helped. £9.90 from independent pharmacies.

#### SLEEP MYTH

A nightcap will help you sleep Yes, an alcoholic tipple might knock you out, but research from The London Sleep Centre shows it messes with REM sleep. Lack of REM is linked to anxiety, irritability and higher appetite.

It's long been known that having problems with sleep – specifically waking up super early, or sleeping a lot during the day - are signs of depression, but it's more complicated than that. "We now know that poor sleep isn't just a symptom of depression or anxiety,

says Dr Bostock. "Treat poor sleep, and you can help improve mental health symptoms, too." In a recent NHS-

but it can also be a trigger,"

backed trial, 65% of patients using the app and online-based programme Sleepio to tackle sleep problems also recovered from symptoms of depression and anxiety. And research from Binghampton University in New York found that simply going to bed early and extending people's sleep time helped reduce negative thinking.

"Improving sleep helps you cope better with lifestyle factors like stress that aggravate mental health problems," says Dr Bostock. You must see your doctor for severe depression, but if you have a mild or temporary case of the blues, try improving your sleep and see what happens. sleepio.com

#### SLEEP MYTH

Exercise before bed keeps you awake Not if you work hard, says a study from Basel University. Students did sport for 65-90 minutes before bed; those who worked the hardest fell asleep fastest. slept more deeply and woke

#### WHAT'S NFW IN SI FFP?

#### **SEGMENTED SLEEPING**

Always wake up in the middle of the night? You could just be a segmented sleeper. "This is where people sleep in two long blocks separated by about 30 minutes of wakefulness," says Dr Richard Wiseman, author of Night School. If this happens, but you drop off again naturally and you score OK on our 'Are you sleeping enough?' test,

don't worry when you do wake up - stressing is what turns waking up naturally into insomnia.

#### **POSITIVE SLEEPING**

If you don't sleep well, focusing positively on the hours you did get (rather than worrying about those you missed) actually makes you perform better the next day, says research from Colorado College.







#### HOW TO SLEEP BETTER IF YOU...

#### HAVE A SOCIAL MEDIA HABIT

The blue light from smartphones interferes with sleep, as it prevents the full release of melatonin. But the Mayo Clinic found that if you keep your device at least 35cm away from your face and dim the brightness, it doesn't have this effect. And download f.lux, which adjusts the light level of your screen to fit the time of day you're using it.

#### SHARE A BED WITH A SNORER

Get them to do this daily: push the tip of their tongue against the roof of their mouth, then slide it backwards; suck it up against the roof of the mouth, then force it against the floor of the mouth, keeping the tip in contact with the teeth; finally, say 'A' while trying to lift the uvula (that dangly thing that hangs down the back of the throat) only with their muscles. In trials at Brazil's University of São Paulo, it reduced snoring by 36%.

#### STRESS A LOT

Try the 4-7-8 breathing technique by US health guru Andrew Weil, who claims it can help you fall asleep in as little as a minute. Keep your tongue behind your upper front teeth, breathe in through your nose quietly for a count of four, hold for a count of seven, then exhale through your mouth with a whooshing sound for a count of eight. Repeat until snoozing.

#### **HAVE NIGHTMARES**

"Spend some time during the day describing your nightmare and imagining a new, improved ending. This simple technique stops nightmares 90% of the time," says Dr Wiseman.

#### HON WE BEAT OUR SLEEP DEMONS

#### "Watching make-up videos"

Elyssa Fagan, 28, PR and digital communications manager from Nottingham

"I struggled to fall asleep, but then I noticed that when I watched vlogs by a make-up artist called Zukreat: Artist of Makeup, her steady voice relaxed me. I started watching them before bed and would drop off. I found out this is called autonomous

sensory meridian response (ASMR), which means you experience specific sensations in response to audio or visual stimuli. Lots of people have the same sleepy reaction to different types of video, apparently."

Try it Search ASMR on YouTube, or visit the channel

**Try it** Search ASMR on YouTube, or visit the char by GentleWhispering.

#### "Hypnosis"

#### Lucy Kazmi, 26, support worker from Cardiff

"I found it hard to switch off my brain and when I did get to sleep, the slightest noise would wake me. I wasn't sure about hypnosis, but nothing else had worked so I tried it. Afterwards, I noticed a difference in how quickly I fell asleep. I had three sessions and now listen to a self-hypnosis MP3 when I get into bed. It's very quiet and I barely hear it – but I do drop off."

Try it See more at healthguru.video and thehypnotherapyassociation.co.uk

#### "Colouring books"

#### Hollie Brooks, 26, journalist from London

"A friend found colouring helped her anxiety, so I bought a book. I began to take it to bed and spend half an hour gently colouring and noticed a huge change. It released my anxiety, and stopped me checking social media or emails before nodding off. I've now found using pinks, blues and purples – calming colours – relaxes me even more."

Try it The Mindfulness Colouring Book by Emma Farrarons (Boxtree. £7.99)

#### "A bedtime buffer"

#### Bibi Rodgers, 28, blogger at veggierunners.com, from Teesside

"My sleep problems got worse when I got engaged, as I couldn't stop planning at night. I was shattered, so created a 'bedtime buffer', banning wedding, blog or work talk after 9pm as they get me mentally over-excited."

Try it Work out what triggers the thoughts that stop you sleeping and avoid them two hours before bed. Or download the

hours before bed. Or download the app Moment, which will nudge you to disconnect at a set time. **G** 

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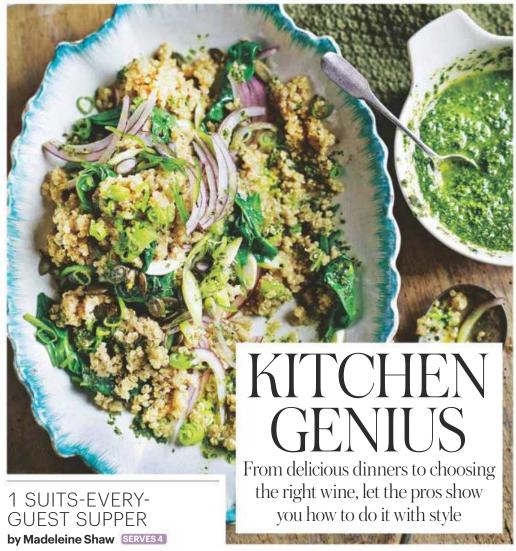




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# fastliving TRAVEL-LIFESTYLE-GADGETS-FOOD-INTERIORS-CARS



"I love to cook my Green Goddess quinoa dish. It's gluten-free, dairy-free and vegan – and bright and fun."

#### INGREDIENTS For the salad

- 250g quinoa 500ml boiling water • 1tsp ground cumin • 100g spinach leaves • ½ red onion, finely sliced • 3 spring onions, finely sliced • 1 fresh green chilli, deseeded and finely
- chopped Pinch of salt ● 50g pumpkin seeds

#### For the dressing

- 25g mint 100g
  basil 3tbsp tahini
- nasii stnsh taiiiii
- Juice of 1 lime80ml olive oil
- Salt and pepper

**METHOD** Put the quinoa in a saucepan with the boiling water and a pinch of salt. Bring it to the boil, then turn the heat down and let it gently simmer for 12-15 minutes, or until all the liquid has been absorbed.

Dry-roast the cumin for 1 minute. When the quinoa is cooked, add the cumin and spinach, and stir until they are combined and the spinach starts to wilt.

Add the red onion, spring onion and green chilli to the quinoa mix.

In a blender, blend the dressing ingredients, Slather over the quinoa.

Get The Glow: 100 Delicious And Easy Recipes That Will Nourish You From The Inside Out by Madeleine Shaw (Orion, £20) ▶

#### STYLE UP YOUR SPUDS

#### by Damien Rigollet

The chef of London restaurant Cog d'Argent has a few ideas...



Roasted new potatoes with rosemary, garlic, chopped parsley and curry powder.

#### Potato purée with Cheddar (aligot)

- this is a dish from the Aubrac region in France; it's a combination of cheese, blended into mashed potatoes (often with garlic).

Truffle mash potatoes is very similar to aligot; just remove the cheese and replace with truffle oil and grated black truffles.



Boil Jersey Royal potatoes in salty water. remove the skin, crush, add butter and chives. Goes well with prawns, crab or lobster.

#### Baked potatoes gratin dauphinois

- bake the potato slices with cream, milk, rosemary and garlic.

cogdargent.co.uk



## MY 5 STORE-**CUPBOARD ESSENTIALS**

by chef Gizzi Erskine



#### SOY AND FISH SAUCE

When making really good Asian food that you like to pack a punch of salty umami, these two liquids come into play as a seasoning.



ANCHOVIES In tomato sauce, with garlic, Caesar salad, with lamb – even fish loathers should embrace the anchovy for its ability to get umami and bash it round your face. I can't get enough of it.



POMEGRANATE MOLASSES The tangy sweetness of pomegranate molasses reminds me of fizzy sweets. I've been known to gulp this from the bottle. I use this weekly in dressings and marinades. In my new book, the lamb with the pomegranate tabbouleh is the perfect example of how it should be used.

YUZU This is a Japanese fruit. It's the most mind-altering flavour. It has an unmistakable zing. I use it in new-style sashimi dishes, in drinks, in dressings. I make a chilli sauce from it. Life without yuzu is very boring. My food crush at the moment is steamed tender-stem broccoli with a yuzu and sesame paste dip to plunge it into.



A GOOD SELECTION OF CHILLI SAUCES I use

gochujang, a Korean chilli paste made like miso, in marinades, mayonnaises and sauces for stews and my Korean fried chicken. Sriracha Thai chilli sauce – I use sriracha ketchup on fried eggs all the way through to topping my bao buns. Japanese chilli oil is great for stir-fries, your fried eggs in the morning or suping up your tonkotsu ramen. Then a Mexican one for spicing up huevos rancheros or tacos.

Gizzi's Healthy Appetite by Gizzi Erskine (Mitchell Beazley, £25)

#### CHOP AN ONION LIKE A CHEF

#### by Adrian Martin

The head chef of London's most exclusive private members' club. Home House, shows us how. Firstly, find a sharp knife, then:



1 Cut the onion vertically in half, cutting of the onion horizontally through the root.



2 Cut the two halves for slices.



And cut again vertically for diced onion.



4 Ideally, you will only chop once to get chopped and not watery onions.





#### PERFECT GRINOLA

by Mary McCartney SERVES 4

#### **INGREDIENTS**

- 4tbsp sunflower or vegetable oil
- 10tbsp maple syrup
- 10tbsp runny honey
- 500g oats, preferably jumbo
- 100g Brazil nuts, chopped
- 100g almonds, chopped
- 100g raisins
- 100g dried apricots, chopped
- 2 baking trays
- Airtight glass jars and/or

Cellophane bags and tie twists

- Ribbon (optional)
- Labels (optional)

#### **METHOD**

1 Pre-heat the oven to 150°C/gas mark 2. Line two baking trays with greaseproof paper.

Mix the oil, maple syrup and honey in a small saucepan and heat gently until warm and melted together. Take care not to overheat - you don't want the mixture to boil. Remove from the heat and set aside while you prepare the dry ingredients.

3 In a large mixing bowl combine the oats and chopped nuts.

Orizzle the syrup over the oats and nuts and mix together thoroughly so the ingredients are well coated. **6** Spread the mixture out evenly over the baking trays. Bake for 30-40 minutes, taking the granola out of the oven every 10 minutes to move it around so that it bakes evenly.

6 When it is golden brown all over, remove from the oven. Stir in the raisins and chopped apricots. As it cools it will become lovely and crunchy.

Once cool, divide into small, airtight glass jars. If gifting, decorate the jars by tying around a colourful ribbon in a bow or stick on a hand-written label of love.

Make Life Beautiful by Camilla Morton (Hutchinson, £20)



#### HOW TO SET A PINTEREST-WORTHY TABLE

by Chrissie Rucker, founder of The White Company

"You can't beat eating just by candlelight for a special party, so place candles everywhere. You really can't have too many. But don't be tempted to use scented candles in the dining area. Any eating space should be perfume free.'

"For a special dinner party, the table and the room should look wonderfully cosy and inviting. Plan where everyone will sit in advance and think about how you can dress the table to make it extra glamorous. I'm a great believer in using lots of white and just small accents of colour. A simple, considered colour scheme will always look stylish."

"A pretty table centre makes all the difference. I like to use an array of candles, either placed at different heights down the middle of the table or together in a central group. Flowers always look lovely, but keep arrangements low, so they are easy to talk over."

"However informal the meal, it's worth investing in linen napkins."

"Think of interesting ways to personalise the place settings: use luggage labels; chalk names on slate; spell out initials in mini ceramic letters."

> "White china sets food off beautifully and the bigger the plates, the better."

"For added sparkle, use reflective elements on the table: glass storm lanterns, tea-light holders and mirrored place mats are perfect for picking up candlelight."



#### **5 GENIUS GADGETS**

by chef and presenter Lorraine Pascale "The gadget I use the most has to be my NutriBullet. I use it every morning to make my green juice. The beauty of



it is that it's easy to clean and can blitz things as smooth as silk. You can throw in ingredients to make a soup, then simply heat it up."

"My spice grinder has become something I often use. It doubles as a coffee grinder for a fresh pot of coffee, and if you need to grind up some almonds into almond flour or any other nut for baking, it's so useful. Whole seeds, such as coriander, can be made to a powder in seconds before toasting them off in a pan."

"My stick blender was once banished to the back of the cupboard until I started to appreciate its efficiency. To turn things from a thick mixture into a thin one. the stick blender is magic. Great for making the smoothest of soups."

"I have a KitchenAid and a Kenwood kMix for all my baking needs. When making large quantities of baked things, having two is useful for me, but for most home cooks two are not necessary. You can beat so much air into your cakes, they will rise to twice the size of one beaten by hand."



LORRAINE'S ONE-POT DINNER PARTY DISH

Portobello and porcini mushroom stovetop lasagne with puy lentils and sage

SERVES 4-6

"My mother used to be reluctant to switch the oven on every time we needed to cook something for lunch, so I have put this in the book with her wishes in mind."

#### **TOMATO SAUCE**

 1tbsp olive oil • 1 large onion, very finely chopped • 1 handful of dried porcini mushrooms (about 15g) • 2 garlic cloves, very finely chopped • 5 sage leaves, finely chopped • 1/2tsp fennel seeds • Good pinch of freshly grated nutmeg • 300g portobello mushrooms, finely sliced • 2 x 400g tins of chopped tomatoes • 400g tin of puy lentils, drained • 1 carrot, very finely diced Sea salt and freshly ground black pepper

#### WHITE SAUCE

 250g ricotta
 100g spinach, roughly chopped • 50g Parmesan cheese. finely grated • 1 free-range egg yolk

Good pinch of freshly grated nutmeg

Sea salt and freshly

#### **OTHER LAYERS**

 1tbsp olive oil • 10 regular, gluten-free or wholemeal lasagne sheets • 125g ball of full or half-fat mozzarella, drained and torn into small pieces 1tbsp fresh thyme leaves or 2tsp dried thyme • Leaves from 1 bunch of fresh basil

sheets and add the oil. Drop 5 of the lasagne

with the second batch of lasagne sheets. Once the tomato sauce is cooked, remove the pan from the heat and ladle half of it into a bowl, leaving the remaining mixture in an even layer in the pan. Cover the sauce in the pan with 5 of the lasagne sheets arranged in a single layer, cutting them to fit where necessary. Spread half of the spinach and ricotta mixture evenly over the pasta. Then

Return to a low heat and cover with a lid. Bring to a simmer, then leave for 12-15

ground black pepper

sheets in one by one and cook for 3 minutes until floppy, but not cooked through. Remove and lay out in a single layer on a sheet of paper and cover with another layer of parchment paper to stop them from drying out. Repeat

repeat these layers once more.

minutes, or until the pasta has completely softened. Halfway through the cooking time, scatter the mozzarella and thyme over the top, re-cover and leave to finish cooking.

First, prepare the tomato sauce. Heat the oil

in a large sauté pan over a low-medium heat

Meanwhile, put the dried mushrooms

in a small bowl and cover with boiling water.

Once the onion has softened, add the

portobello mushrooms and cook them for 10

minutes, stirring occasionally. Halfway through,

Mix the ricotta, spinach, Parmesan, volk,

garlic, sage, fennel seeds and nutmeg and

cook through for 1 minute. Then add the

liquid will come out of the mushrooms.

Turn up the heat and let it bubble off.

and cook the onion for about 10 minutes,

stirring occasionally, until really soft.

nutmeg, salt and pepper in a bowl. Set aside. Once the portobello mushrooms are cooked, drain the liquid off the dried mushrooms, roughly chop them and throw them into the mushrooms in the pan. Reduce the heat to medium and add the chopped tomatoes, lentils, carrot and some salt and pepper and leave this to bubble away for 10 minutes or so, stirring from time to time. As this cooks, bring a large, wide pan of

salted water to the boil to par-cook the lasagne

Eating Well Made Easy by Lorraine Pascale (Harper Collins, £20, hardback)

# By Natasha Poliszczuk and Lindsay Frankel. Photographs: Myles New, Shutterstock, Jon Gorrigan, Alamy, Getty Images. Illustrations by Philippa Williams (Genius Gadgets & 5 Clever Wine Pairing Tips) and Arthur Mount (How To Chop An Onion)

## DRINKS MASTERCLASS



# 5 CLEVER WINE PAIRING TIPS

#### **CITRUS**

If a dish is high in acidity
then we need to ensure the wine
has a high level of acidity too.
Why? Acid in food makes wines
feel less acidic, so to keep
the wine refreshing we need
to start with high acid
in the wine too.



#### **SPICY FOOD**

Many wine lovers go automatically to the Gewürztraminer grape variety, which can be spicy and often have a little sweetness, which is considered a good pairing with chilli spice. However, I would suggest a Pinot Gris from Alsace, England or New Zealand.

#### Erica Dent AIWS, is

a wine and spirit tutor at the Wine & Spirit Education Trust. Let her guide you through the 'which wine for which food?' minefield



#### STEAK AND OTHER 'MEATY' MEATS

Keep it simple and just consider how strong the flavours are and then think of a wine in a similar intensity range. Out of the comfort zone here would be choosing a white wine instead of a red. For intensely flavoured whites, I'd suggest a good quality oak-fermented Chardonnay.

#### TROPICAL FRUITS

These contain a lot of sugar, and sugar in food can make wines taste drier, less fruity, and more acidic. So imagine a mixed tropical fruit salad — often people say that needs a 'dessert' wine. For a comfort zone challenge, how about a wine that was popular in the '80s, Asti.



#### **DARK CHOCOLATE**

This depends on how dark – the sweeter the chocolate, the sweeter the wine, the darker the chocolate, the drier the wine can be. Taking a 70% as an example, sweeter wines will taste much drier, but still hold their sweetness. Instead of port or Sauternes, how about a sherry?

wsetglobal.com

#### YOUR 3-STEP ESPRESSO MARTINI

by John Quilter, co-creator of coffee brand CRU Kafe

"Don't own a cocktail shaker? No problem, all you need is a stick blender and good coffee to make the best espresso Martinis."

#### **INGREDIENTS**

- 1 shot of CRU Light Roast
- 1 shot of coffee liqueur
- 1 shot of vodka
   Handful of ice

#### **METHOD**

- Make a shot of espresso (I like CRU Light Roast through a Nespresso machine). Drop into a food processor or stick blender beaker with the ice, coffee liqueur and vodka.
- 2 Blitz for 30-45 seconds.



3 Strain through a sieve and garnish with a couple of coffee beans. BOOM!

crukafe.co.uk

# COOK THE PERFECT STFAK

#### By Barry Vera, chef director of STK restaurants

"There are many opinions on how to cook a great steak, and I have read books from Harold McGee to Hervé in the general science of food. But while also taking their advice, it comes down to practice, too. Also, ask your butcher for steak with good marbling."

#### INGREDIENTS

- 4 x 350g sirloin steak
- Soft butter Fine salt
- Fresh ground black pepper

#### METHOD

- Remove the steak from the fridge
- a couple of hours before cooking.Using a cast iron griddle pan,
- put on the lowest heat and leave for 30 minutes to build up a good heat.
- 3 Brush each steak with the soft butter on one side and season heavily with salt and pepper don't be afraid, the meat will absorb this during cooking then turn over and repeat.
- 4 Turn the heat up to full now (and make sure your extractor fan is on!).
- 6 Place each steak on the griddle and leave for about 1 minute then turn, leave again for 1 minute then turn, now leave for 2 minutes, turn again and leave for 2 minutes.
- Ou will have a great crust on the steak, which is what you need. Once this is finished, rest on a wired tray for 5 minutes and then serve.
- 7 To serve: Dijon mustard, a salad of tomatoes, baby gem and shallots with a nice simple vinaigrette the acidity works so well with the steak. **⊙**

stkhouse.com

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#### THE GLAMOUR LIST

# Timeline of a HORRENDOUS HANGOVER

Big night? Comic **Stephen Bailey** feels your pain

#### 10:37am

Wake up and freak out. What's that under the duvet next to you? Phew – it's just last night's McDonald's.

#### 10:40am

Discover you didn't get in 'til 3.56am when you see the time on the "Amm himj ssdfe" text to your friends.

#### 10:46am

Your mouth still tastes like Jäger Bombs —



must stay away from naked flames. Water required: position yourself by the tap for the next 30 minutes.

11.20am Try – and fail – to piece together the night's movements by deciphering the smeared stamps on your hand.

12.05pm Discover 'Fit Brian' in your contacts. Who is Fit Brian? And why were you ringing him at 3am?

12.45pm Find the strength to turn on your iPad. Netflix was made for hangovers. Watch season one of *Pretty Little Liars* without moving.

4.30pm Feel a wave of selfie shame as friends start tagging you on Facebook/Instagram. Why did you do the duck face? WHY?

5.12pm Check your bank account and realise you spent the deposit for your house on shots.

Opm Make a confused Just Eat order: sweet and sour chicken balls, cheesy garlic bread and a samosa.

8.18pm Get a text saying, "OMG is this you?!!" with a video of your *Single Ladies* dance. Pray it doesn't go viral.

9.10pm Takeaway regret: curl up in a self-pity ball and whimper, "I'm dying."

2am You're wide awake, but your stomach doesn't feel like a washing machine any more — and the sweats have gone. Hallelujah!

Photograph: Corbis Outline

Follow Stephen on Twitter @stephencomedy

# Glitz and Glamour...



**12. MORAN MARTINE.** Suzanne Donahue hand carves architecturally inspired designs to create dramatic jewelry pieces such as these stunning stackable rings. Shop her full range at

www.martinejewelry.com and www.hatchjewelry.com 13. Personalised Initial Ring by MERCI MAMAN. (From £29). These lovely and affordable stacking rings will be engraved by hand with the initial of your choice in their London workshop. The team will hand-craft your

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14. NORTHCOASTCOTTAGE
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**15. LOVE NATALIE** sell beautiful, classic and timeless pieces of jewellery. Pictured is a beautiful sterling silver stars and freshwater pearl necklace. To see more and shop online, visit **www.lovenataliejewellery.com** or **www.facebook.com/withlovenatalie** 

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17. LUXURY IN SAFARI. Introducing Safari Beads, This one of a kind bracelet is the latest addition to the HVS Accessories collection featuring combined Agate Beads, wood and gemstones combined to create a simple, yet elegant bracelet. Email info@hvsdeluxe.com visit www.hvsdeluxe.com IG @hvsdeluxe Prices start from \$45 USD.

18. WEARING MEMORIES. Showing this season at London and Paris Fashion weeks. Australian brand Wearing Memories present their stylish, unique, bespoke jewellery range – crafting the cap from a champagne bottle into a wearable memory, accentuated by the use of sterling silver with the most beautiful fresh water pearls and

Visit www.wearingmemories.com

semi-precious stones.

19. TRIBE JEWELRY. Designer Sarah Lewis finds inspiration in her travels, and in the natural materials she uses to craft her collection: crystals, stones, silver, bronze and gold. Fashion trends are applied, but in unique ways, staying true to her modern bohemian aesthetic. Displayed here: The Midnight Moonlight Necklace in Gold and Drusy Quartz (\$138), and the I Know You Rider Necklace in Bronze and Mother of Pearl (\$88). Both available online: www.Tribe-Jewelry.com Receive 20% off! Use code: 'GLAMOUR' (offer expires 30/10/15).

20. ELIE created by designers Elena Corazza and Stephanie Althaus, makes unique, stunning back jewellery, enabling the wearer to make that open-backed dress even more beautifully eye-catching. Shop their full range of jewellery at

www.elie-jewelry.ch or email info@elie-jewelry.ch

21. COMFY CLOGS Swedish samibracelets have finally arrived in London! The incredibly popular bracelets you can see on many stars today, are made of reindeer leather with silver and pewter thread with an antler button. Sizes for children, women and men. Visit www.comfyclogs.net or call Cecilia

on 07815 750340 or 020 8780 9767 to find out more.

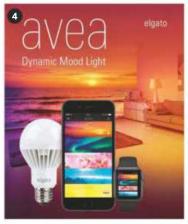




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so don't let a little rain stop you from reaching your goals, and look fabulous while doing so. Apart for Pink Panther, Boston comes in 3 other colours to match your mood and outfit. Visit

www.urbanista.com

Sarah v

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5. SOUNDPEATS mini lightweight wireless headphones Q800, Q9 and QY9 all offer high quality sound with HD speakers and enhanced bass effect. These Bluetooth headphones offer hours of pure enjoyment. Available on Amazon and for more information visit www.soundpeatsaudio.com

# Cheek Frills..



Aniela Parys Designs is a lingerie brand born in Portland, Oregon, specialising in custom made vintage style lingerie, swimwear

and one-of-a-kind dresses. Their mission is to enhance natural beauty with premium fabrics and handmade detail. Lingerie set €112.00 at www.AnielaParys.com Instagram @AnielaParys
Photography by Lane Oliveri.



You are a Goddess. Wear lingerie like one! FAIRFIELD ANGEL's collection of outwear lingerie, Déesse, is meant to be seen. Show off these sexy numbers under a low cut blazer to wow and turn heads. Get yours at www.fairfieldangel.com



Who wouldn't want to wake up like Audrey Hepburn? **Zumruduanka Lingerie** specialises in using the most exclusive silk and exotic leather in dailywear and lingerie, as well as "must have" luxury accessories, defining its clientele as the confident woman who dares to catch attention. Visit **www.zumruduanka.com** 

**NEVAEH** is a luxury boudoir brand that believes in creating and fulfilling desire. Their focus on detail is essential in emphasizing a woman's shape as an object of art and beauty. Shop their full collection at **www.nevaehintimates.com** 



JAAD Lingerie rethinks women's underwear garments with contemporary and feminine cuts. All pieces are handcrafted in Paris blending fine lace and silk with unusual underwear fabrics like Wax or cott

handcrafted in Paris blending fine lace and silk satin with unusual underwear fabrics like Wax or cotton jersey for active women. Shop their full collection online at **www.jaad-lingerie.com** 

GLORIOUS PASTIES has been created out of a need to sparkle. Creator, Cheeky Cheetah designs incredibly intricate pieces inspired by Old Hollywood glamour and a passion for burlesque. Shop online or enquire about

bespoke pieces at www.gloriouspasties.com

GLORIQUS PASTIES



# **Glamour's Fashion Fix**



DOLLBOXX are a cheeky, playful brand straight out of Sydney, Australia, offering unique and colourful designs in bikinis, fitness and beachwear. Express your inner doll by following the hype on Instagram @dollboxx and visiting www.dollboxx.com using code GLAMOUR for a 10% discount until 5th October 2015.



Turkish and Finnish fashion designer **ALARA SAGESEN** presents her Fall/ Winter collection for 15/16, constructed from visions of creativity, the finest craftsmanship and from the highest quality materials. Raw materials are handled gently with an undefinable passion for art and fashion. For more information visit **www.alarasagesen.com** 



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SEPTEMBER CHILD is a British fashion brand, established in London, that provides you with catwalk fashion and cutting edge styles season after season. To view this amazing collection visit

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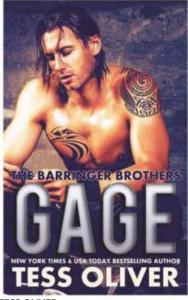
information visit

MIFANI produce showstopping footwear, designed exclusively and made with love. Their collection of embellished high heels nod to opulence, luxury and baroque glamour. Find their full range of stunning shoes online at www.mifani.com



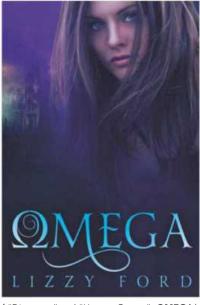
**ShopYireh.com** Photo by Erin Paris.

# Glamour's Library...



#### **GAGE** by TESS OLIVER

After nearly losing his friend in a logging accident, Gage Barringer is convinced that he needs to find a new career. But there is a five-foot-four, brown eyed, obstacle in his way, an obstacle with lips made for sin and a voice made for breaking hearts. Summer Donovan is one roadblock Gage won't be able to find a way around. www.facebook.com/tessoliverauthor



For fans of "Divergent" and "Hunger Games". **OMEGA** by **LIZZY FORD**. In a modern world torn apart by territorial Greek gods, the fate of humanity rests in the hands of a teen girl with incredible powers and her unlikely allies. "Omega," the first book in a young adult dystopia trilogy by award winning author Lizzy Ford, releases in October. Available from Amazon UK (paperback and ebook) and paperback on order through your bookstore. **www.lizzyford.com** 



#### PART-TIME PRINCESS by PAMELA DUMOND

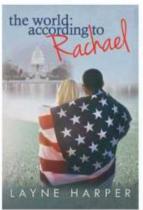
Lucy's a down-on-her-luck cocktail waitress when she accepts a brief job assignment 'impersonating' Lady Billingsley. She's reluctantly transformed into a 'Lady', travels to Fredonia for ten days tops, but she should have read the fine print on her job contract! One prince tries to romance her and the other proposes marriage. What's an imposter girl to do? A fun, sexy tale with laughter, a few tears, and a Happily-Ever-After Ending. www.pameladumond.com



#### WHISPERED TRUTHS (TRUTHS#1) by ANNE MERCIER

Myah. My life changed in the blink of an eye the day my father died. Everything was lost. But now it's time to take back control of my life and Kyle Cooper makes me believe that I can. Kyle. I've always been half in love with Myah Wilks. It's time to remind this amazing girl who she is and maybe, just maybe, she'll finally trust me with her whispered truths. FREE on Kindle Unlimited or \$2.99

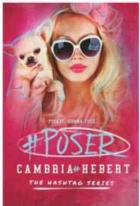
www.annemercierauthor.com



"LAYNE HARPER is a true artist in her writing and provokes a visceral reaction" THE WORLD: ACCORDING TO RACHAEL

from best-selling author, Layne Harper. Rachael is the first female White House Chief of Staff. She's sacrificed everything for her career. Rachael meets Graham after being set up by the First Lady. What happens next is a journey of redefining what it means to have it all. Available on Amazon.

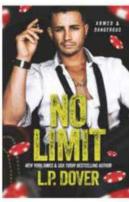
www.LayneHarper.com @Layne Harper



#### **#POSER** by **CAMBRIA HEBERT.**

I am a man who had nothing, but found everything. I'll never go back to nothing ever again. I vowed to protect her, and that's exactly what I'm gonna do. I won't ever tell. She can't ever know. When secrets and threats knock, I don't hide. I open the door. Because the best way to take down a poser is to be one. #Poser is book 5 in the award winning Hashtag Series. Available NOW!

www.cambriahebert.com

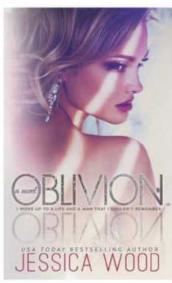


NO LIMIT, A steamy, romantic suspense by NYT and USA Today bestselling author, L.P. **DOVER.** When Jason Avery one of the best undercover cops in the country - gets paired up with Aylee McFadden to uncover a string of murders, he gets more than he bargained for. She helps him get into the game, but gambling for money isn't what the big boys want. They want what he's unwilling to give. It's a no limit game, and if he backs down he'll lose everything. He'll lose her. Visit www.lpdover.com



BETA by JASINDA WILDER. Roth and I are on an openended tour of the world. Roth being Roth, this means missionary in Morocco, reverse cowgirl in Calcutta, bent over the bow of a houseboat in Hanoi, slow and sleepy on St. John. Anywhere and everywhere. in every conceivable position, and some I didn't know were possible. Life was pretty incredible. Until I woke up in his chateau in France, alone. On the bed next to me was a note. There were only four words: He belongs to me.

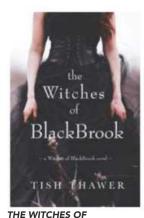
www.jasindawilder.com



#### **OBLIVION** by **JESSICA WOOD**

A captivating, sexy story about the power of love, will, and fate. When Olivia wakes up after an accident to a life and fiancé she doesn't remember, she becomes torn between the man who supports her and makes her feel loved and the stranger who challenges her and makes her feel alive. As memories start to return, she begins to question everything about her life, before and after the accident.

Visit **www.jessicawoodauthor.com/books** (Available on Amazon, iBooks, Barnes and Noble, Kobo and Google Play).

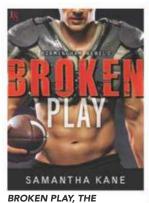


**BLACKBROOK** by TISH THAWER. Through space and time, sisters entwined. Lost then found, souls remain bound. Three sisters escape the Salem witch trials when the eldest casts a spell that hurtles their souls forward through time. After centuries separated, fate has finally reunited them in the present day. One the healer, one the teacher, and one the deceiver. Will their reunion return their full powers, or end their souls journey forever? Visit www.amazon.com/Tish-

Thawer/e/B006QK1IMC



FOR ADRIANO (CHICAGO SYNDICATE, 3) by Amazon Bestselling Author SORAYA NAOMI. Čapo Adriano and Camilla have a history full of lust. But now, she's missing and his only assignment is finding her. She is his obsession, she's the one that got away. And he won't rest until he's found her. A sizzling hot, action-packed addition to the bestselling Mafia Romance, Chicago Syndicate series. Visit sorayanaomi.com or www. amazon.com/Soraya-Naomi/e/ B00M54BLRU/ ref=ntt athr dp pel 1



**BIRMINGHAM REBELS** By best selling author **SAMANTHA** KANE. Cass and Beau, two of the NFL's toughest offensive linemen, can't resist their sexy new assistant coach, Marian. The thought of sharing her drives them wild. Marian knows better than to get too close to these two adrenaline fueled alpha males who don't play by the rules. But rules were meant to be broken. "Samantha Kane brought her A game! Guaranteed to score big."—NYT bestselling author Jayne Rylon. www.samanthakane.us



#### **MEETING MS. MONROE** by **LORENA BATHEY.**

A novel about the legendary Marilyn Monroe, with a twist. Mary Monroe finds herself blacking out. Awaking she has a new hairstyle, clothes, and most intriguing of all, letters written by Marilyn Monroe. Lost in a world she didn't live, Mary Monroe moves back and forth in time not sure she if she will lose herself or find another. Visit www.lorenabbooks.com/

#### Glamour's Library... continued

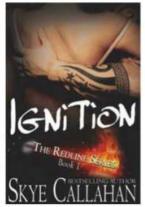


#### SECOND VERSE by EMILY SNOW

Kinsey Brock knew Emmett Hudson would be a star the moment he swaggered into her life. Hell, by the time she was released for the crime his scheming sister falsely accused her of, he already had a number one single. After a chance encounter sends him hurtling back into her atmosphere eight years after they fell apart, every emotion she's forced herself to forget since he gave up on her is pushed to the surface. Because this time, Emmet's not giving up on Kinsey – not without a fight. www.emilysnowbooks.blogspot.co.uk



SHADOW CURSED by N.L. HOFFMANN: Jacey discovers that she's a Shadow, one in an order of powerful beings able to manipulate darkness. Amidst the whirlwind of discovering her newly activated powers. Jacey must solve a murder while battling sexual tension with Detective Vinolva. Finding herself in a new world, teetering on the brink of supernatural war, Jacey doesn't know who to trust. She must rely on her own instincts and U.S. Marshal training to separate fact from fiction. www.nlhoffmann.com



IGNITION from bestselling author SKYE CALLAHAN, a dark romantic serial to ignite your e-reader with twists, turns, and burning desire. Aubrey is a small-town girl who racks up big debts in the city, and Colt is a car thief who will do anything for a high. When their paths collide, will they find what they want? Or burn the city down in the process? Ignition kicks off the ride – FREE on all e-book platforms!

http://skyecallahan.com/



#### **RAVEN** by **STACEY ROURKE**

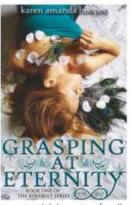
Cursed by the malevolent spirit of the Headless Horseman, Ireland Crane ventures to Manhattan in search of a way to break her soul crushing bond. Instead, she discovers the lines between fact and fiction are blurring once more. Croaking ravens. Telltale hearts. Could the works of Edgar Allen Poe be coming to pass with handsome Wall Street Midas Ridley Peolte as their unwilling target? www. amazon.com/Stacey-Rourke/e/ B0062KO148/ref=ntt\_dp\_ epwbk 0



## THE ANCIENT GUARDIANS: BOOK II THE UNINVITED by S.L MORGAN

Readers are transported to the captivating dimension of Pemdas where they follow Levi and Reece as they take the next step in their relationship. In her preparing to marry the emperor's son, Reece finds herself under attack with bizarre emotions she can't explain. Dark forces and mysterious events soon follow. Praised for being better than the first book, The Uninvited promises to keep you guessing until the very end, while enchanting you at every turn of the page.





A young adult love story for all ages. GRASPING AT **ETERNITY**, book 1 of the highly acclaimed Kindrily series by KAREN HOOPER, will leave you gazing at the stars with wonder. Soul mates ripped apart by a tragic mystery; centuries of memories and supernatural abilities forgotten; protection by an eternal family and a green-eved daredevil who have loved hér for ages: This is Maryah Woodsen's life. She just hasn't remembered it yet. Currently free on most ebook rétailers.

www.KarenAmandaHooper.com



#### BENEATH HIM by KOMAL KANT

When Sky Hudson first meets Nicholas Ruggarson, she wants nothing more than to throw her coffee at him. He is rude arrogant, and she is glad she never has to set eyes on him ever again. Or so she thinks until she is hired as the new nanny to work for Nick's affluent family. Sky might finally be the woman to break through Nick's arrogance and discover that there is more to him than she ever imagined. If she doesn't kill him first.

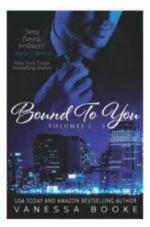
www.komalkantbooks.com



#### WIDE OPEN by SHELLY CRANE

Milo is trouble. He's stuck in the past and doesn't know how to let go. Maya is trouble. She has no one but her brother in the whole world left and he's sick with a disease that no medicine can cure. The love you fight for is the love that can mend bridges, heal scars, and open closed hearts.

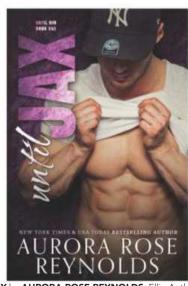
www.shellycrane.blogspot.co.uk



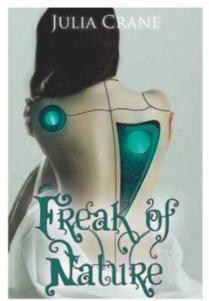
#### **BOUND TO YOU** by VANESSA BOOKE

You don't get a job offer from StoneHaven Publishing twice. So when Rebecca gets the opportunity to prove herself as an assistant to the CEO's wild, playboy son, she jumps at the chance. It's only six months, after all. Six passionate, frustrating, unforgettable months...

www.VanessaBooke.com



UNTIL JAX by AURORA ROSE REYNOLDS. Ellie Anthony isn't looking for love. She isn't even looking for a man, but when Jax Mayson insists on keeping her and her daughter safe, she's left with no choice but to trust him. Now she just hopes she doesn't get hurt when she falls hard for a guy who's known for breaking hearts. Jax Mayson knows that Ellie is his BOOM the moment he sees her. When he finds out she has a daughter, he realizes he wants a family, and he will do whatever is necessary to keep both of his girls safe, even if that means facing the demons from his past. Visit www.aurorarosereynolds.com



#### FREAK OF NATURE by JULIA CRANE

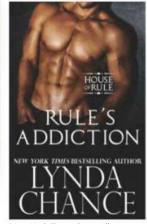
Donate Body to Science. Check. When seventeen-year-old Kaitlyn checked the box, she never suspected she'd have her life—and her body—stolen from her. She awakens one day in a secret laboratory to discover that her body is now half-robot and is forced to hide her own secret: that she still has human emotions and a human mind. www.juliacrane.com available on Amazon, iBooks, Kobo and at Barnes & Noble.



#### **SEARCHING FOR ALWAYS** by **JENNIFER PROBST**

She's an expert in helping others de-stress, but Arilyn Meadows is a yoga teacher, animal shelter volunteer, and anger management therapist, with no time to find Mr. Right. When bad-boy police officer Stone Petty is sent for mandatory lessons in cooling off, Arilyn vows to ignore his seductive glances and sexy grin. There's no halting their sizzling flirtation—a red-hot, high-speed chase that's breaking all the limits.

www.jenniferprobst.com



New York Times bestselling author, LYNDA CHANCE tantalizes you: Three Brothers, One Empire... The House of Rule. RULE'S ADDICTION: When Garrett Rule finds himself inconveniently obsessed with Maria Alvarez, he doesn't know which is stronger, his need to punish her or the need to have her under his control. Luckily, he doesn't plan on choosing; he'll take both.

www.lyndachancebooks.com









2. LOFF LOFF offers unique, handmade kids clothing made from GOTS certified organic cotton, for girls and boys aged 2-10. View the beautiful collection online at www.loff-loff.com

**3. HERO&CHIEF** believes in providing comfortable, organic and ethically sourced clothing for girls and boys. From neutral baby sleepers to bright jumpers, funky tights to cool t-shirts, the shop is packed with

durable, unisex clothes for little adventurers. Receive 15% discount with the code GLAMOUR15 valid until 5.10.15.

www.heroandchief.com

4. MIMI'S VINTAGE STITCHES – American made, handcrafted, luxury heirloom baby and children's bonnets, sweaters and more. Vintage charm, with 100% pima cotton gives a durable classic look. Follow @mimisvintagestitches and use code GLAMOUR25 for 25% off expires 01.11.15! visit www.mimisvintagestitches.bigcartel.com 5. Winner of Best Children's Food Brand in 2014, MINISCOFF is

made with great quality and organic ingredients, only using the best of British meat from high welfare farms. Really, really tasty! (Suitable from 12mths to 8+) Exclusively available from www.ocado.com for more information email angus@miniscoff.co.uk or

visit www.miniscoff.co.uk

6. These stylish lunch bags from APPLE AND MINT are the perfect accessory for any child. These bags feature a removable earth friendly cooling panel designed to keep food fresh for up to 8 hours. The days of heavy ice packs are over, visit www.appleandmint.com

7. LITTLE BO BABIES bring Art to Life, turning your child's drawings into loveable soft toys. Transform your child's unique creativity to a memorable keepsake. All Handmade in Africa visit www.littlebobabies.com or contact Gaya on 0027 71 4931825.

8. Special occasions call for beautiful, sophisticated and age-appropriate clothes, and every piece in the latest collection by ELIZABETH CATE is perfectly suited. The sweet and feminine designs use gorgeous prints and elegant details to enhance your daughter's natural beauty, and will make every occasion one to remember. Visit www.elizabethcate.com or email contact@elizabethcate.com

9. LIA BACH proves that couture for children can be both chic and wearable. Made in Germany from fair-trade organic cotton, the collection of clothing, jewellery and accessories offers an abundance of style catering for boys and girls aged 2-14.

Visit www.liabach.com or call 0049 89 242 15 333.

10. CHLOE & TATUM. For the love of all things

luxurious and lovely, meet Chloe & Tatum, a luxury brand that delivers high quality, high fashion pieces to only the most fashionable girls ages 2–8. Luxe Fashion For Your Little Lady. Shop Chloe & Tatum online now at **www.shopchloetatum.com** (Photography: Dyan Kethley Photography).









## Glamour's Most Wanted...





Located in Mayfair, BOCCONCINO RESTAURANT & PIZZERIA

specialises in Italian cuisine. The menu remains true to its Tuscan roots, ranging from wood-fired pizzas to traditional homemade pasta, every bite has that authentic stamp of home. For more information call on

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service. Visit them at: 174 Kings Road, SW3 4UP, call 020 7376 7442 or visit them online at www.bluevelvetshoes.com

## Home Run...

1. JONNY'S SISTER designs and manufactures beautiful personalised products, including bespoke orders, for all occasions. From bunting and letter cushions to typographies and personalised enamelware there is something for everyone. Exclusive 15% discount by entering GLAMOUR10 at the checkout until 1st November 2015. Visit www.jonnyssister.co.uk or call 01935 873186.

2. PAD LIFESTYLE. An online lifestyle store offering bespoke, hand-crafted furniture from Indonesia, and many unique and inspiring home and fashion brands from across the world. With so many chic, curious and eclectic pieces to find–including urban home wears from Copenhagen, Mid–century glamour from New York, unique glass wear from Paris, bespoke Scottish textiles, contemporary jewellery, clothing, shoes and handbags–it's definitely worth a look at www.padlifestyle.com

3. BAKER STREET BOYS have created a unique marriage of raw steel and natural oak with their "The Line" collection of tables and stools. Perfect for contemporary or classic interiors. Visit www.bakerstreetboys.com

4. LOVE THY LIGHT dedicates all their 51 scents to English heritage over 4 ranges. All their Luxury scented candles are handmade with the uniqueness of a wood wick which crackles when lit They also offer bulk buying options at www.lovethylight.com

5. Curate your home with Kær: Danish design textiles mirroring

5. Curate your home with Keer: Danish design textiles, mirroring nature's seasonal beauty. From cushions and scarves to bespoke table linens, Keer delivers design for use, hand-finished in Brooklyn, New York City. Exclusive 20% discount by entering GLAMOUR at checkout until December 31st 2015. Visit www.kaerbrooklyn.com or call 001 347-244-0090.

**6. Willow & Fig** offers you beautiful home accessories and gifts. The little things that make you and your loved ones smile after the first or four hundredth glance, matter an awful lot. Visit **www.willowandfig.co.uk** 

7. Bring 5\* luxury to your home with IMOGEN'S LUXURIES handmade Soy Wax Candles and Reed Diffusers. Their indulgent Spa Collection features unique Essential Oil blends which pamper mind and body. Enter code GLAMOUR15 for 15% off (Valid until 05/10/15) at www.imogensluxuries.co.uk















1. Ease your puppy's arrival with TAG & BONE's fantastic gift packs. The Puppy "Be Prepared" pack (£55) contains a selection of toys and boredom breakers, a collar and lead, not forgetting the essential comforter to settle first night nerves. For more information visit www.tagandbone.com or call 01483 457082.

2. DIAMONDS IN THE KUFF RUFF This beautiful silver metallic faux leather coat is trimmed in luxurious white fur making it perfect for the fall season. Hand made to order for the discerning dog. For more information email info@diamondsintheruffruff.com or visit www.diamondsintheruffruff.com or call 215-348-8797.

3. Matt Sellens began work as a freelance illustrator and animator under his company name, HOUNDWORKS in 2007. His passion comes from his own animals and he specialises in wildlife studies of startling detail and accuracy using ink and watercolour. Visit www.houndworks.co.uk or call 07966 664450.

**4. SASSY PAWS** is a stylish store of handpicked products designed to give your best furry friend that little bit of extra class! Providing individual and quality cat and dog accessories, from made-to-measure clothing to handmade leather collars and leads. For more information visit

www.sassypaws.co.uk or email info@sassypaws.co.uk For 10% off enter GLAM10 at the checkout, expires 04.10.15

5. The AniMat Cool Gel Mat from **ANIMALARM** is the perfect way to keep your dog cool this summer. The easy to use AniMat utilizes the latest technology in cooling, helping to keep your pooch safe and happy. Visit **www.TheAnimAlarm.com** or call **01452 702062**. Quote 'Glamour10' for an exclusive 10% discount, ends 4/10/15.

**6. RUFFIT USA** is a revolutionary dog carrier, inspired by the inventors own dog Mojo. Reinventing the way that we interact with dogs, the Ruffit USA team is creating new possibilities for what you can do and where you can go with man's best friend. The first comfortable, safe, and durable forward-facing dog backpack comes

in a variety of sizes. For free delivery quote GlamUK valid until 1st February 2016. To see their full collection visit **www.ruffitusa.com** 

**7. STRATIFY** is a 3D printing company. Using a state of the art photo-scanning studio they capture a precise 3D model in mere fractions of a second. With a perfect 3D depiction of your pet, they will always be with you. For more information visit **www.minimals.me** or call **01628 610132**.





# Glamour's Beauty Box...





#### WATER RETENTION?

If water retention causes you to feel bloated and uncomfortable, HRI Water Balance is a traditional herbal remedy to help relieve water retention and maintain a normal body fluid balance. Available from Holland & Barrett, Boots, Superdrug, Tesco, Asda, Sainsbury's and Morrisons. Always read the label. www.HRIHerbalMedicine.co.uk



Many nutritionists recommend an occasional cleansing regime to help remove harmful waste products from the body to help promote vitality and wellbeing. Wellwoman Inner Cleanse is a food supplement designed to help support your body during such times and contains 26 nutrients with essential vitamins and minerals, including vitamin C, iron and copper which contribute to normal energy-yielding metabolism. RRP £9.15.

www.wellwoman.com

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#### Recruitment



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We are currently inviting applications from candidates who will be graduating in 2015 and are available for induction commencing end of September 2015.

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By Lucy Walker. Photographs: Rex Features, Getty Images

#### Jenny Slate

#### Comedian

Jenny starred in my favourite film of 2014. Obvious Child. and guest-stars on one of my favourite shows, Kroll Show. I think every woman can relate to her dark, unfiltered approach to comedy (and to her delightful Twitter feed. @iennvslate).





From top Katy with Mia Moretti: Allison Williams: with Cleo Wade

#### Mia Moretti

#### DJ

Mia has razzmatazz seeping out of every pore, and she can curate your wardrobe or your playlist with a bat of her eyelashes. She's the muse for my song International Smile.

#### **Allison Williams**

#### Actress

Allison was born for this business. Even her effortless airport style would take me four hours to replicate. I can't wait

# "THE WOMEN WHO MADE ME"

# By Katy Perry

Each issue we're asking one amazing woman: who's changed your life? Here the musician reveals her Top 10

to see her established as a household name in all things TV and film - especially because she's such a good human.

#### **Kacey Musgraves** Musician

Kacey is one of the most unique songwriters I've heard in the past decade. She puts into words what the heart feels. (Download Merry Go 'Round or Follow Your Arrow to listen.) And she's not bad on the eyes and has a great sense of humour the whole way through.

#### Sophia Rossi

#### Co-founder of hellogiggles.com

Sophia is one of my favourite pop-culture commentators. In addition to being incredibly internet-savvy - see for vourself on her website - she's also a people curator: she knows how to pair people in jobs, friendship and life.

#### Cleo Wade

Cleo is a poetic princess and an incredibly spirited artist. (Check out her work on Instagram @cleowade.) I am always encouraged by her perspective on life. PS: she looks like an angel.

#### Petra Collins

#### Artist

Petra is only 22, but has an eye that seems to have already lived many lives. Her approach is youthful, nostalgic, soft and sweet. Plus, she makes great neon art. Follow her on Instagram @petrafcollins.

#### Vicky Vlachonis

#### Osteopath

Vicky has taught me that what you put in your body connects to your emotions. (Read about her approach in The Body Doesn't Lie.) She helps me find my centre again.

#### Cindy Sherman

#### Photographer and artist

Hands down, she's one of the most important artists of our time. Cindy is her own one-woman show. I admire the sense of humour and self-deprecation in her work.

#### Shannon Woodward

#### Actress

Shannon's an incredibly conscious, thought-provoking actress, a best friend to me for over a decade, and a wonderful activist for women's rights. And she enjoys the crossword puzzle immensely. Follow her on Twitter, @shannonwoodward, to keep you LOL-ing.

